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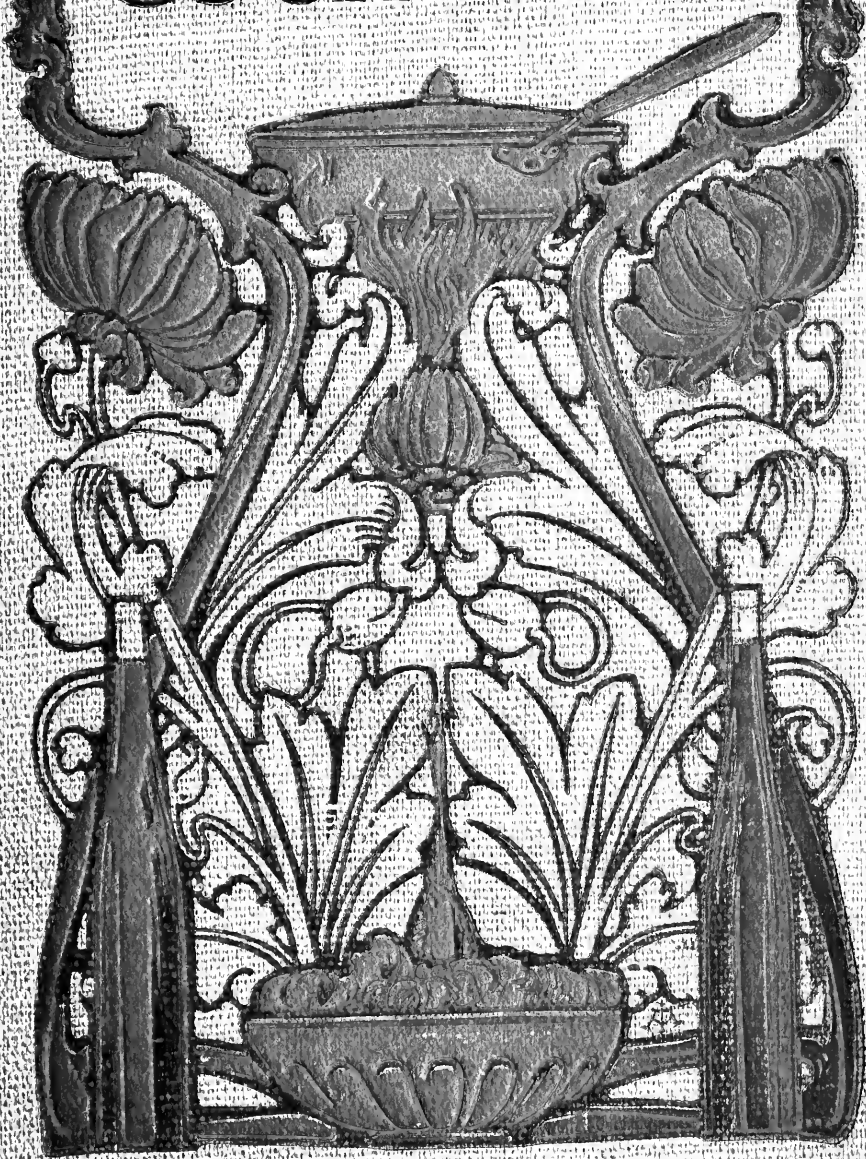
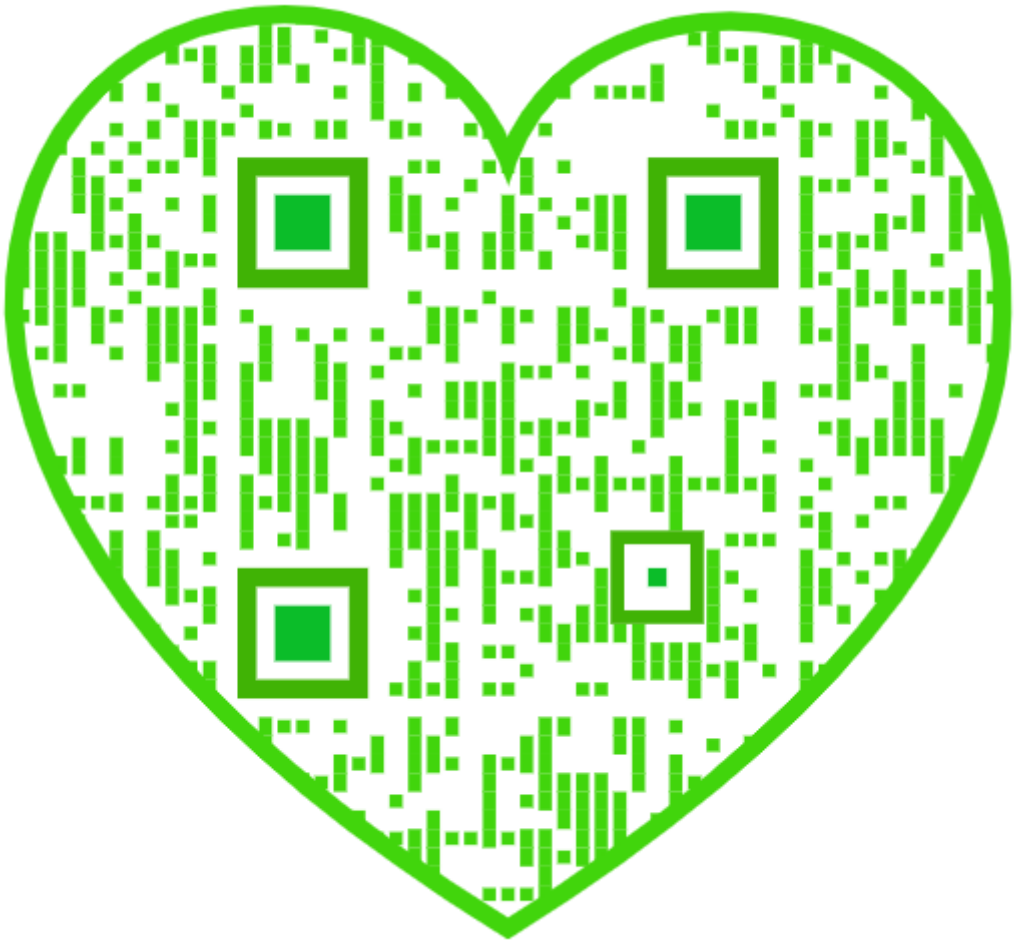
Every Woman's Cook Book





(Mückenstuhm)

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LOUIS' EVERY WOMAN'S COOK BOOK

Louis J. Muckenaturm.

Louis' Every Woman's Cook Book

by
Louis Muckensturm

H·M·Caldwell Co·
Boston U.S.A. New York

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PREFACE

The object of this cook-book is to reach the housewife who has personal charge of her kitchen. It is arranged in such a manner that selections may easily be made from the recipes for a small or large menu, for either a luncheon or dinner. First are given small appetizers, followed by the soups, such as clear, cream, puree, rich, fish, shell-fish, and essences. The fish recipes are arranged in a similar way, also the entrees of poultry, game, and meats. These are followed by roasts, joints, game, and birds. Some recipes for vegetables, which may be served as secondary entrees, are given. A variety of hot cheese dishes are included, and also some odd salads. A few sweet entremets or desserts and ice-creams follow, together with some suggestions for making palatable dishes from things left over from previous meals.

This book is not intended for professional cooks of large catering places, but is written with a view to reach the methodical housewife, who wishes to get the most suitable recipes for her simple luncheons or elaborate dinners.

In many of these recipes are references to various other recipes in the book, which can easily be found by reference to the index.

TABLE SERVICE

First cover the table with a woollen cloth to protect the polished surface from hot dishes. Put on the table-cloth, taking care to have it extend fifteen or twenty inches over the edge of the table. The plates should be set at least eighteen inches apart, the forks being placed on the left, the spoons and knives on the right of each plate. Napkins should be folded and put on each plate.

In olden times the bread was put into the napkins on the plate, but at present it is passed around after soup is served. On the right of each plate are arranged in a circle the glasses to be used during the dinner, — one glass for cocktail or sherry which should be served with the relishes, another for white wine to be served with the fish, a glass for the Bordeaux to be served with the entree, and one for the Burgundy to be served with the roast. If champagne follows, the glasses should be set on the table when the wine is ready to be served. Liqueurs are served in special glasses after coffee. All wines and cordials are kept on a sideboard or table.

Salt and pepper shakers should be placed in the spaces between the plates. Relishes, such as radishes, olives, salted nuts, or bonbons, should be placed at each end of the table, while flowers may be spread over the table in a natural manner pleasing to the eye. Keep fruit in the centre of the table. Place the menu, if any, on the napkin in a manner easily to be seen.

The various meats served during the dinner should first be placed on the table and then taken away to be carved and served. Each guest should be served on his left, while dishes should be removed from the right. After the roast has been served, carefully brush the table and serve dessert, following which coffee should be served in the salon. At small dinners, coffee may be served at the table after the dessert. If this is done, all tableware should be removed before serving coffee and cordials.

LOUIS' EVERY WOMAN'S COOK BOOK

CANAPES

Canapes, or appetizers, are generally served before dinner. They may take the place of oysters or little neck clams; in gentlemen's dinner-parties they may be served with cocktail, bitters, or vermouth before the oysters or clams.

CANAPES OF CAVIAR

Cut thin round slices of bread about two inches in diameter. Toast crisply, butter, and spread caviar over them. With chopped hard-boiled eggs (the whites and yolks chopped separately), put a border around the caviar. Serve with pieces of lemon.

CANAPE CAREME

Chop finely one-half of a small lobster, two pickles, and one truffle. Season with salt and pepper, and mix two tablespoonfuls of thick mayonnaise dressing with it. Spread on round pieces of toast about two inches in diameter, and then put one-half a teaspoonful of caviar in the centre of each canape.

CANAPES OF ANCHOVIES

Round pieces of toast, as in previous recipe, are buttered with anchovy butter. Chop the white and the yolk of a hard-boiled egg separately. Put opposite each other, on the toast, two half-teaspoonfuls of the white of the egg, and then do the same with the yolk. Then put two fillets of anchovies crosswise on the toast so that the white and yolk of the egg are separated. Sprinkle a little chopped parsley in the centre.

When Served.

Guests.

Remarks.

To make the anchovy butter referred to, beat two ounces of butter to a cream, and add gradually one tablespoonful of anchovy paste or essence.

DANISH CANAPES

Mix two tablespoonfuls of freshly grated horseradish with two ounces of creamed butter, and cover thin squares of pumpernickel with this preparation. Put long, narrow strips of smoked salmon lengthwise and crosswise on top of this, and place a caper in each of the little square spaces.

CANAPE ORIENTAL

Drain the liquid from three tablespoonfuls of chutney. Chop fine, and spread on half-moon shaped pieces of toast. Put in the centre of the canape a stoned litchi nut, and a small star of pimento at each end.

CANAPES OF SARDINES

Rub twelve sardines through a wire sieve, and put them in a small bowl. Mix with them two ounces of creamed butter, and then add one tablespoonful of Worcestershire sauce. Add salt and pepper if necessary. With this preparation cover heart-shaped pieces of toast about one-eighth of an inch thick. Put small capers around the edges to form a border, and put a small olive (Pimola) in the centre.

NORWEGIAN CANAPES

Cut ten fillets of anchovies into small pieces. Chop finely two hard-boiled eggs, and also one tablespoonful of capers. Mix the whole with two tablespoonfuls of thick mayonnaise dressing, and add a little finely cut chives and chopped parsley. Spread on diamond-shaped pieces of toast, and put a small piece of smoked salmon on top.

CANAPE WINDSOR

Mix one-half a cup of finely chopped cooked chicken and one-half a cup of finely chopped lean ham with two ounces of creamed butter. Season to taste, and spread on saltine crackers. Cut red beef tongue into

When Served.

Guests.

Remarks.

small thin diamonds, and put five of them together in the centre of the canape to form a star. Dip the edges of the canape into finely chopped pistachio nuts, so as to form a thin green border.

TARTINE DE FOIE GRAS

With some puff-paste prepare some low pate-shells, about one-half an inch deep. Remove the cover. Rub a small pate de foie gras through a sieve, and work it in a small bowl until it becomes smooth. Then add to it four tablespoonfuls of whipped cream and a little salt and pepper. Put this preparation in a paper cornet, with a fancy tube, and press it into the cavity of the flat pate. Put a round slice of truffle on top of each tartine.

TARTINE A LA RUSSE

Prepare some low pate-shells as for the previous recipe. Cut into small cubes six fillets of Russian sardelles, three slices of smoked salmon, and one hard-boiled egg. Mix the whole with a tablespoonful of mayonnaise dressing, and put this preparation into the cavity of the pates. Cover the filling with sardine puree (see recipe for canape of sardines), and lastly put one-half a teaspoonful of caviar in the centre of each tartine.

When Served.

Guests.

Remarks.

SOUP STOCKS

How to prepare the different stocks or bouillon for all kinds of soups

PLAIN STOCK, BOUILLON, OR MARMITE

This stock or bouillon is the foundation of many kinds of soups, and may be used for different kinds of sauces, puree, soups of vegetables, and similar things.

Take eight pounds shin of beef and three pounds knuckles of veal. Some carcasses of chicken or necks, wings, or gizzards of fowl should be added, as they improve the stock, but they are not absolutely necessary. Add two onions, one carrot, one stalk of celery, one leek, one bay leaf, one teaspoonful of whole pepper, two cloves, and a few sprigs of parsley tied up in a bunch. Put all this in a stock-boiler, and cover with about ten quarts of cold water. When it comes to a boil skim well, add two tablespoonfuls of salt, and let simmer slowly for about four hours. Occasionally take off the grease that floats on the top. This stock should be very clear, and of wholesome flavour. Strain through a soup-cloth, and put away for further use.

WHITE STOCK OR FOND BLANC

This stock is to be used for all kinds of cream soups, purees, and essences.

Take six pounds knuckles of veal, two fowls, and the same garnishing of vegetables as for the previous recipe. Parboil the fowls and veal bones first; wash off the scum, and then place all in a kettle with about eight quarts of water, and let it boil slowly on the range for about four hours; then strain through a cloth. You will have from four to five quarts of stock left after four hours' boiling. The stock should be nearly in a jelly when cold. The fowls should be taken out when cooked, as it does not require so long a time to cook them, except when they are very old and tough.

When Served.	Guests.	Remarks.

The meat of the fowls may be used for various purposes, such as salads, croquettes, minced chicken, etc.

FISH STOCK

For chowder, bisque, or fish sauces.

Take the heads, bones, and skins of fresh fish, such as cod, haddock, halibut, or flounders, or any white-meat fish. (Dark-meat fish, as bluefish, mackerel, etc., are not good, as they give the broth a strong, oily flavour.) Wash the fish well, put in a saucepan, cover with cold water, and garnish with an onion, leeks, celery, a few peppercorns, one bay leaf, a bunch of parsley, three or four cloves, and the heart of a lemon. Let it come to a boil, skim well, add some salt, and let it simmer slowly for about an hour. Strain through a cloth and use for whatever fish soup desired. If this stock is intended for some kind of fish sauce, use less water, or boil the stock down to half the quantity.

BROWN OR RICH STOCK

This kind of stock is used for rich brown soups or sauces, as mock-turtle soup or ox-joint soup, also for Sauce Espagnole, which is the foundation of all brown sauces.

Take a copper saucepan with a heavy bottom, if possible. Put three or four thin slices of beef suet on the bottom. Add two carrots, two onions cut in thick slices, two slices of ham, a few peppercorns, three cloves, two bay leaves, a stalk of celery split in two, and a pinch of thyme and marjoram. Break or saw into pieces six pounds shin of beef, four pounds knuckles of veal, and some chicken giblets. Add one cup of water, cover with the lid, and let simmer slowly until the water is reduced and the meat and vegetables begin to fry in the fat. When the pieces on the bottom begin to get a nice brown colour moisten with a pint of white wine and six to eight quarts of water. Add salt and a bouquet of parsley. When it comes to a boil skim off the fat and let it simmer slowly for at least four hours. It should boil down to about four quarts. If you have some

When Served.

Guests.

Remarks.

plain stock on hand, add some to this to make the broth stronger and richer. This stock should be clear and of a golden brown colour.

CHICKEN STOCK OR BROTH

With two fowls you can make about four quarts of good chicken bouillon.

Clean the fowls, wash them well, and always parboil them. It is absolutely necessary to do this, as parboiling the fowls and rinsing them in cold water afterward takes off that unpleasant odour which fowls commonly have. Put them in a saucepan with about six quarts of cold water and a garnishing of vegetables like plain stock. Add some salt. Skim when it comes to a boil and let boil slowly until the fowls are cooked. It cannot be stated how long it will take the fowls to cook. Stick a fork in a leg, and if it feels tender the fowl is done. Before using this stock strain through a soup-cloth and skim off the fat.

CLAM BROTH

Take about two quarts of Duxbury soft clams. Wash them well, and put them in a saucepan. Add one quart of cold water and boil for about ten or twelve minutes. Strain the broth through a cloth. Clam broth requires no flavouring, except perhaps a little pepper or a pinch of salt.

If the clams have only ten to twelve minutes' actual boiling, they are not too much cooked, and may be used for other purposes.

MUTTON BROTH AND VEAL BROTH

These two broths are made on the same principles as the previous ones. The knuckles of veal for veal broth, the shanks of mutton for mutton broth, and the bones of both kinds should be parboiled and rinsed in cold water. Mutton requires more boiling than veal. The vegetable garnishing is about the same as for the other broths. If plain mutton broth is desired for invalids or people with delicate stomachs, a handful of pearl barley, thrown in the stock when it is first put on the stove,

When Served.

Guests.

Remarks.

gives the broth a milky appearance. This broth is very soothing to the stomach, also aiding the digestion.

Veal broth is very gelatinous, especially when calves' feet are added to it. Calf's foot jelly can be made from this stock, and if the vegetables and other seasoning are omitted this broth can be used for sweet calf's foot jelly if flavoured with wine, brandy, etc.

When Served.

Guests.

Remarks.

SOUPS

CONSOMME

Chop finely two pounds shin of beef, free from fat and gristle; put in a saucepan, with the whites of four eggs, one pint of water, one-half a carrot, one-half a stalk of celery, one-half an onion, and a small leek, all cut fine. Stir well together, then add about four quarts of plain stock. Put on the range, and let it come slowly to a boiling point. Stir occasionally, but when near the boiling point take out the spoon. When it boils, move the saucepan to where the contents will simmer for about one and one-half hours or more. Strain carefully through a cloth.

Some carcasses of fowls, or necks, wings, etc., chopped up fine, and added to the beef, will improve the flavour, or if extra good consomme is required a parboiled fowl should be added to the bouillon when it begins to boil. A few drops of "Kitchen Bouquet" will give the consomme a light brown colour.

KITCHEN BOUQUET

Melt three ounces sugar in frying-pan. Stir until it smokes and is of dark colour. Then add three pints of boiling water. Simmer until reduced to one pint, stirring well while cooking. Bottle when cool. Used to give colour to soups, jellies, etc., and will keep indefinitely.

When Served. **Guests.** **Remarks.**

CONSOMMES, OR CLEAR SOUPS WITH DIFFERENT GARNISHES

It is not the intention of the writer to give a full line of soups, consommes, purees, and cream soups, but only a selection of the best and most appreciated ones.

CONSOMME CAROLINE

To make about two quarts (enough for ten people), take one medium-sized carrot, one turnip, one stalk of celery, and one leek. Cut these vegetables in small dice. Parboil in salted water for about one-half hour, and then finish cooking them in two quarts of consomme. Before serving add two tablespoonfuls of small green peas and two tablespoonfuls of string beans, cooked, and two peeled tomatoes cut in small pieces, and lastly about three tablespoonfuls of small dice of Royal.

ROYAL

Royal is simply a custard seasoned with salt and red pepper. Take three eggs, mix well with one cup of milk, and poach in a tin mould. Stand the mould with the custard in a pan with about one inch of water in it, cover the mould with a paper, and poach slowly in a moderate oven until solid. When cold cut into dice to correspond in size with the other vegetables.

This garnishing looks very pretty in a clear consomme.

CONSOMME CELESTINE

The following recipes show two ways of making this consomme.

1. Make two large pancakes, cut them in thin, long strips (called Julienne), and put them in the consomme before serving.

2. Cover one pancake with a chicken forcemeat; place the other one on top, and with a round cutter cut out as many pieces as you can the size of a nickel. Put them on a plate, and heat them in the oven for five minutes. This is sufficiently long to cook the forcemeat. Place in the consomme before sending to the table.

When Served.

Guests.

Remarks.

CONSOMME COLBERT

Garnish the consomme with the vegetables used in Consomme Caroline, but omit the tomatoes and Royal. Add a small poached egg for each plate required.

CONSOMME SEVIGNE

Take half a breast of a cooked fowl. Pound it into pulp. Add to it two whole eggs and the yolks of two others, also one cup of milk and cream mixed, salt, cayenne pepper, and a little grated nutmeg. Strain the whole through a fine sieve. Butter well eight or ten small tin tartelette moulds and fill them three-quarters full with this preparation. Then stand the moulds in a flat pan with a little water in the bottom. Cover with a paper, and cook slowly in a moderate oven, until solid. Take out of the moulds while hot, and put in the hot consomme. One for each plate.

CONSOMME PRINCESS

Take one pint of cooked green peas, fresh or canned. Rub through a fine sieve, and place in a bowl. Add two whole eggs and the yolks of three others, and one cup of milk and cream mixed. Season with salt and pepper. Put the mixture in a buttered mould and poach slowly in the oven as in Consomme Sevigne. When cold cut in slices, and with some fancy cutters cut the slices into various shapes, such as stars, diamonds, etc. Place these in the hot consomme.

CONSOMME ISABELLE

To two quarts of consomme add the following garnishing: Two heaping tablespoonfuls of cooked rice, two tablespoonfuls each of cooked green peas, cooked string beans, and peeled tomatoes cut in small cubes, and three tablespoonfuls of pink Royal custard cut in diamonds. Let it come to a boil, and serve.

Royal, or seasoned custard, the recipe for which is given elsewhere, is coloured pink by the use of a little red vegetable colouring, often used in cooking to colour jellies, creams, forcemeats, etc.

When Served.

Guests.

Remarks.

CONSOMME WITH CHEESE CROUTONS

This is a very simple, but palatable consomme.

Cut as many slices of French bread, one-quarter of an inch thick, as you have diners. Put them on a pie plate or baking sheet. Cover each slice with a heaping tablespoonful of grated Swiss and Parmesan cheese, mixed. Bake in a hot oven until they become golden brown. Have one crouton floating in each plate of consomme.

CONSOMME MONACO

(Two quarts, enough for ten people.)

Cut five thin slices of bread and cover about one-sixteenth of an inch thick with chicken forcemeat. Put another slice of bread on top of the forcemeat, and press lightly together. With a round cutter, three-quarters of an inch in diameter, cut as many pieces as you can get out of the slices. Dip these pieces in beaten eggs, and fry them in clarified butter until they become a golden brown colour. When serving the consomme put five or six of these pieces in each plate.

CONSOMME FERMIERE

Cut one carrot, one turnip, and a few leaves of cabbage into pieces the size of a dime. Cut one-half a stalk of peeled celery and one onion into crescents, and slice one leek crosswise. Cook the whole slowly in butter for about twenty-five minutes; then moisten with about two quarts of consomme or plain stock. Let it simmer for one-half an hour. Skim off the butter occasionally. Before serving add two tablespoonfuls of cooked green peas, a little chopped parsley, chives, and chervil.

Serve thin slices of French bread, toasted in the oven, with the soup.

When Served. **Guests.** **Remarks.**

CREAM SOUPS AND PUREE SOUPS

CREAM OF CELERY

Cut three stalks of celery in small pieces, wash well, and drain off the water. Put the celery in a saucepan with a piece of butter the size of an egg and let it cook in the butter for about ten minutes. (Do not let the celery change its colour.) Add two tablespoonfuls of flour, stir well for a few minutes, and then moisten with two quarts of white stock. Boil for an hour, rub it through a fine sieve, and put it back on the stove. Heat it nearly to the boiling point, season to taste, and add one cup of good cream and two ounces of table butter, before serving. Serve small bread croutons with it.

With most of the cream and puree soups bread croutons are served. Cut the bread into small dice without the crust. Toast them in the oven to a nice golden colour, or fry them in butter, on a quick fire. If fried, drain well, and be sure not to have them greasy.

CREAM OF CAULIFLOWER A LA DUBARRY

Parboil a medium-sized cauliflower for a few minutes in salted water. Drain off the water, moisten with two quarts of white stock, and add one small onion with one clove in it. Let it boil until the whole is thoroughly cooked. Remove the onion, and rub the remaining mixture through a fine sieve. Put it back on the stove, and heat well. Mix the yolks of two eggs with one-half a cup of cream, and stir it in the soup before serving. Add three tablespoonfuls of small pieces of cauliflower to it, previously cooked in salt water.

CREAM OF SORREL WITH TAPIOCA

Heat in a saucepan a piece of butter the size of an egg. Have one-quarter of a peck of sorrel, or less, cleaned and washed. Put it in the hot butter and let it simmer for ten minutes. Stir it occasionally with a spoon, then

When Served.

Guests.

Remarks.

moisten with three pints of chicken broth, and let it boil for ten minutes. Rub the whole through a sieve, put it back in the saucepan, and when boiling add two tablespoonfuls of French tapioca. After fifteen minutes' boiling move it back from the fire, and add the yolks of two eggs mixed with one cup of cream. Season with salt and nutmeg, (not pepper), and serve with small slices of French bread, browned in the oven.

CREAM OF MUSHROOM

Wash about one pound of fresh mushrooms. Chop very fine, or pound them to a pulp in a mortar. Put in a saucepan with one-quarter of a pound of butter, and let it simmer for fifteen minutes. Add three tablespoonfuls of flour, stir well, moisten the whole with two quarts of chicken broth or white stock, and let it boil for an hour. Then rub the whole through a sieve. Try to get through as much as possible. Heat it again. Add to it one pint of heavy cream and a small piece of butter. Season with salt, pepper, and Cayenne. Serve small bread croutons with it.

CREAM OF CHICKEN REINE MARGOT

Boil a medium-sized fowl until it is tender, so as to obtain about two quarts of stock. Boil about one-third of a cup of rice in some of the chicken stock. Then take one-half of the breast of the cooked fowl, free from bones, skin, and fat, the cooked rice, and two dozen peeled Jordan almonds; pound the whole to a pulp in a mortar, and then rub through a sieve. Put back into the saucepan, and use the rest of the chicken broth to bring it to the thickness desired. Heat well, but do not let it boil. Lastly, before serving, add to it one cup of good cream and the other half of the breast of the fowl cut into small dice. Season to taste.

Dip the Jordan almonds in boiling water to remove the skin. The almonds give the soup a delicate flavour.

PUREE ST. LAMBERT

Slice one onion, one carrot, one stalk of celery, and one leek. Fry slowly together in butter for a few minutes,

When Served.

Guests.

Remarks.

and then add two potatoes, one cup of green peas, and a handful of string or Lima beans. Moisten with two quarts of plain stock and let it boil for three-quarters of an hour. Rub the whole through a fine sieve. Heat well, season to taste, and add a small piece of good butter and one tablespoonful of chopped parsley and chives. Serve small bread croutons with it.

PUREE OF LENTILS

Soak one pint of German lentils in one quart of water over night. Put them on the fire with two quarts of common bouillon. Add one onion, one carrot, one-half stalk of celery, and about one pound knuckle of ham or a ham bone. Let them boil until tender. (It will take two hours or more.) Rub through a sieve; heat the strained soup again, and add a piece of butter the size of an egg. Serve with bread croutons, or frankfurt sausages cut in small pieces. Season with pepper, nutmeg, and salt if necessary.

PUREE OF WHITE BEANS A LA BRETONNE

Soak one pint of pea beans over night. Put them on the fire with one quart of water and one quart of plain stock. Add one-quarter of a pound of salt pork, a carrot, an onion, and a half stalk of celery. Let it boil until the beans are well cooked. Take the pork and carrots out and rub the remainder through a sieve. Have one or two leeks, cut in Julienne (short thin strips), cooked previously in butter and stock. Add these to the soup and also a piece of butter the size of an egg. Season well with pepper and serve.

Bread croutons may be served with it.

When Served.

Guests.

Remarks.

RICH SOUPS

POTAGE WESTMORELAND

Parboil half a calf's head, and then rinse it well in water. Put it back in the saucepan, and cover with water. Add an onion, a carrot, a little celery, bay leaf, thyme, peppercorns, two cloves, salt, and lemon juice. When cooked, take the meat off the bone and press it between two plates until cooled off. Clear the calf's head bouillon with the whites of two eggs. Strain it. This should give about a quart of stock. To this add one quart of consomme or brown stock, and when it is boiling thicken with four tablespoonfuls of French tapioca or arrowroot. (Dilute the arrowroot with a little water before using.) Cut the calf's head into small diamonds, and then take the same quantity of celery, previously boiled in salted water until tender, and cut in the same shape. Add these to the soup, and also a wineglassful of sherry wine, and two tablespoonfuls of brandy. Season highly and serve.

GAME SOUP, OR PUREE OF GROUSE

Roast a grouse with a " Mirpoix " of vegetables. Then put the whole in a saucepan, and moisten with two quarts of brown stock. Add one cup of lentils, previously soaked in water. Boil until the lentils are thoroughly cooked. Take the meat of the grouse (with the exception of a piece of the breast which should be cut in small dice), and pound it to a pulp in a mortar. Put it back in the soup, then rub the whole through a fine sieve. Heat the soup again, but do not let it boil. Stir in a quarter of a pound of table butter, three tablespoonfuls of sherry wine, and a quarter of a cup of cream. Season well. Add the pieces of grouse meat to it before serving.

Rabbit, hare, or partridge may be used instead of grouse.

A Mirpoix consists of sliced carrots, onions, and

When Served.

Guests.

Remarks.

celery, a bay leaf, whole pepper, cloves and herbs. A little lean ham will improve it, and give it a palatable flavour.

POTAGE D'ARTAGNAN, OR CALF'S FOOT SOUP

Split and parboil three calf's feet, and wash off the scum. Put them in a saucepan with one fowl, cleaned and parboiled. Add the same garnishing of vegetables as for plain stock. Cover this with three or four quarts of water, and boil until tender. Remove the bones of the feet, and press the meat between two plates. Strain the stock, and skim off the fat. Heat a piece of butter, the size of an egg, and to this add two tablespoonfuls of flour, with the stock, which should have boiled down to two quarts. Let this boil for twenty minutes, and then add a Julienne of white vegetables (onion, celery, and leek, previously cooked in butter and a little stock), also the feet cut in short thin slices. Season to taste. Before serving add the yolks of two eggs mixed with a half cup of cream.

The fowl may be used for other purposes.

The term " cut in Julienne " means that the vegetables or any other articles are cut in strips about the thickness of a match, and one and a half or two inches long.

OX JOINT CLEAR

Cut an ox tail into pieces about an inch thick. Wash them well in hot water. Fry these pieces in a little butter with a " Mirpoix " of vegetables. Stir the pieces occasionally, until nicely coloured. Moisten with two quarts of water and one quart of stock or consomme. Let it simmer slowly, so as to remain clear until well done. Strain the stock. Remove the meat from the bones, and cut it into small pieces. Cut a small carrot, one turnip, one onion, and one-quarter of a stalk of celery into small cubes. Parboil these in water until more than half cooked. Then finish boiling them in the soup. Add, also, a little pearl barley, which has been cooked in water and well rinsed, so that the floury substance has been removed. Then add the pieces of ox

When Served.

Guests.

Remarks.

tail. Season to taste. Before serving add one tablespoonful of Worcestershire sauce and some sherry wine.

OX JOINT THICK, OR A L'ANGLAISE

Prepare this recipe in the same manner as Ox Joint Clear, but thicken the stock with a little flour, which has been slightly browned in butter. Also add one tablespoonful of Harvey sauce and four tablespoonfuls of tomato ketchup.

CHICKEN GUMBO — SOUTHERN STYLE

Clean and wash a young fowl, and then cut it into four pieces. (Two legs and two breasts.) Fry the fowl in a spider with a few slices of fat salt pork until it becomes a light brown colour. Fry also in the same fat two large onions cut in thick slices, four scalded and peeled tomatoes cut in halves, and two green peppers cut in small pieces. Put the whole into a saucepan. Cover it with three quarts of water and let it boil for an hour. (Have the saucepan covered.) Then add one-half a cup of rice and twenty fresh okra cut in pieces about an inch long. Boil for another half an hour, or more, until the fowl is tender. Take the fowl and the pork out of the soup. Tear the white meat of the fowl into shreds, and add these shreds to the soup. Season with salt, pepper, and Cayenne, and serve.

This soup is not very attractive-looking because the ingredients have been cooked a great deal, but in flavour it is much superior to common chicken gumbo.

SCOTCH COCKIE-LEEKIE

Cut the white parts of six leeks, one stalk of celery, and one onion into small strips about an inch long. Put them in a saucepan with a piece of butter the size of an egg. Cook slowly and stir occasionally. Let it cook for about ten minutes, but do not let it change colour. Moisten with two quarts of good chicken broth, and when it comes to a boil, skim off well. Then add a pint of potatoes, cut the size and shape of a dime, and one-quarter of a cup of rice. Let the whole boil until tender,

When Served.

Guests.

Remarks.

and lastly add half of a breast of a cooked fowl, cut in small strips like the vegetables. Season with salt and pepper.

Dried prunes, previously cooked in water, and cut in small pieces, may be added if desired.

When Served.

Guests.

Remarks.

ESSENCES

ESSENCE OF TOMATOES

Cut up two quarts of fresh ripe tomatoes, and put them in a saucepan with the whites of three eggs, one-half a carrot, an onion, and a few wings, necks, and gizzards of chicken, also a pound of knuckle of veal, finely chopped. Mix the whole thoroughly, and add two quarts of chicken stock. Let it come to a boiling point. Stir it up carefully occasionally, and then move it to a part of the stove where it will continue to boil slowly for at least an hour. Season with salt, pepper, and a tablespoonful of sugar. Strain through a soup-cloth carefully.

When served hot, in soup-plates, put a slice of toasted French bread in each plate. Omit the crouton if served in cups.

In warm weather it may be served cold.

ESSENCE OF CELERY

This is very simple to prepare.

Wash two stalks of celery. Chop very fine, and then put it into two quarts of white stock or chicken broth. Let it boil for about half an hour and then strain it. Season to taste. Serve in cups or in soup-plates with toasted slices of French bread.

ESSENCE OF MUSHROOM

Pound one pound of fresh mushrooms (white ones preferred) to a pulp. Mix well with the whites of three eggs and a half of a stalk of celery (cut up). Then add three quarts of chicken broth, and let it boil slowly for an hour. Strain through a cloth and season with salt and pepper. Serve in cups. Add bread croutons if served in plates.

Do not use tin pans to cook this essence. It will turn very dark in that kind of a vessel. Agate saucepans, or tin-lined copper saucepans should be used.

When Served.

Guests.

Remarks.

ESSENCE OF CHICKEN AND CLAMS

Mix an equal quantity of strong chicken broth and clam broth. Serve in cups, with whipped cream.

ESSENCE OF BEEF

Mix two pounds of lean beef, finely chopped, with the whites of two eggs. Then add three quarts of plain stock. Let it boil down to three pints. Strain through a soup cloth and serve in cups.

BEEF TEA

Chop three pounds of lean beef very fine. Put it in a stone jar with a narrow mouth. Add one tumbler of water, and hermetically close the jar. Stand the jar in a saucepan filled with boiling water, deep enough to reach three-quarters of the height of the jar. Keep the water boiling for at least two hours. This will be long enough to extract all the juice that is in the beef. Strain through a cloth, and skim off the fat.

BEEF JUICE

Broil rare, in slices, four pounds of lean hip or rump steak. Then cut it in small pieces, and press out all the juice. This juice may be heated by placing the cup in hot water.

Four pounds of beef will make only one cup of juice.

When Served.

Guests.

Remarks.

FISH SOUPS AND SHELLFISH SOUPS

FISH CHOWDER — BOSTON STYLE

Split, skin, and bone half a codfish (the head end.) Cut the meat into pieces two inches square. Put the head, bones, and skin into a saucepan with a garnishing of vegetables, like any other stock. Add three quarts of water, let it boil for half an hour, and then strain. Cut one-quarter of a pound of fat salt pork and a big onion into very small dice. Fry them together, until the pork is nearly melted. Add two tablespoonfuls of flour, and then moisten with two quarts of the fish stock. Add a pint of raw potatoes cut in cubes, and boil until cooked. Then add the pieces of fish, and boil for six or eight minutes more. Before serving add one pint of milk and cream mixed. Season to taste and serve with pilot crackers. The crackers may be served separately, or broken up in the soup.

CLAM SOUP DUXBURY

Boil two quarts of Duxbury clams in three pints of water for ten minutes. Strain the broth. Melt in a saucepan a piece of butter the size of an egg. Add two tablespoonfuls of flour. Stir well, and add the clam broth. Let it boil for fifteen minutes. Pick the clams out of the shells, and remove the hard parts. The soft parts should be washed well, as they may be sandy. Add them to the soup. Lastly, mix thoroughly one pint of milk and cream with the yolks of two eggs and stir it into the soup, also add a small piece of table butter. Season with salt and pepper. Do not let it boil any more before serving.

MOUSSELINE OF CLAMS

Thicken three pints of boiling clam broth with one tablespoonful of cornstarch, diluted in water. Let it boil for a few minutes. Have the yolks of three eggs

When Served.

Guests.

Remarks.

well mixed with one pint of cream, and stir this into the broth. Remove from the fire. Add a wine-glassful of sauterne wine, salt, and Cayenne pepper. Serve with thin slices of French bread browned slightly in the oven.

BISQUE OF LOBSTER

Slice a small carrot, an onion, and a little celery. Fry them slightly in butter, and then add to the vegetables a medium-sized live lobster, cut into pieces, and fry together for a few minutes, until the shell of the lobster turns red. Add two ponies of brandy and set fire to it. When the brandy has burned out add one tablespoonful of flour and a quarter of a cup of raw rice. Moisten it with two quarts of ordinary white stock and let it boil for forty minutes. Take the lobster out of the soup, and remove the meat from the shell, reserving the meat of the claws. Pound the remainder of the lobster meat to a pulp, rub the whole through a wire sieve, and put it back into the soup. Try to get as much rice and meat through as possible. Heat the soup again to the boiling point, and add one cup of heavy cream. Cut the meat of the lobster claws into small dice, and add to the soup. When serving put a few small bread croutons into each plate.

BISQUE OF OYSTERS, FAMILY STYLE

To one pint of freshly opened oysters, in their own liquid, add one quart of water, eight water crackers broken into pieces, an onion with two cloves, and a few sprigs of celery. Boil together for twenty minutes or more. Strain off the liquid, and remove the onion and celery. Pound the oysters and crackers to a pulp in a mortar, and put them back in the liquid. Let it boil again, and then strain through a wire sieve. Heat the bisque again, and season with salt and cayenne. Add one-half a pint of cream or good milk and a small piece of butter. Serve with bread croutons, or parboil two dozen small oysters in their own liquid, remove the hard parts of the oysters, and add the remainder to the soup.

When Served.

Guests.

Remarks.

CREAM OF OYSTER CRABS

With one-quarter of a pound of butter, three tablespoonfuls of flour, and three pints of chicken stock prepare a soup. Fry in butter one and one-half pints of oyster crabs, free from pieces of shell and liquid, until they become a nice red colour. Then add them to the soup, and let it boil for twenty minutes. Rub the soup through a fine sieve, and then heat it again. Add one cup of cream, and season to taste. Serve puff-paste croutons with it.

To make puff-paste croutons roll out a small piece of puff-paste with sufficient flour, so that it will be the thickness of pasteboard. Cut it into half-inch squares, and fry them in deep fat to a golden colour. Put the croutons on a napkin to dry off the fat. Serve separately, or put them in the soup.

When Served.

Guests.

Remarks.

HOT SIDE-DISHES, OR HORS-D'ŒUVRES CHAUDS

These side-dishes may be served before or after the fish, or instead of the fish. Care should be taken that small and dainty side-dishes are prepared, so as to have just a " bouchee " (mouthful).

CROUSTADE OF MUSHROOM

Butter six tin tartelette moulds, measuring about two and one-half inches in diameter. Line them with puff-paste, and fill with cracker crumbs. Bake until crisp. Remove the crumbs, and dry the tartelette shells in the oven for a few minutes. Prepare also six covers made of puff-paste, and bake separately. Boil one-quarter of a pound of mushrooms, cut in pieces, in two-thirds of a cup of cream, for fifteen minutes. Thicken the cream with flour and butter, and add salt, pepper, and Cayenne. Fill the shells, put the covers on, and serve on folded napkins.

CROUSTADE OF FROGS' LEGS

Line six tartelette moulds with the following paste: One-half a pound of flour, one-quarter of a pound of butter, and a pinch of sugar rubbed together between the hands, so that it will form into crumbs. To this add the yolks of three eggs, and one gill of water. Mix together, but knead only enough to mix thoroughly. Put in the ice-box to cool. Then line the tartelette moulds with this paste as in the previous recipe. Boil for ten minutes twelve frogs' legs in a little white wine, lemon juice, salt, and half a cup of chicken stock. Strain off the broth, and prepare a white sauce with it. Take the meat of the frogs' legs, and add it to the sauce, also two cooked fresh mushrooms, and one truffle cut in small strips. Mix the yolk of an egg with a little cream, and stir into the filling. Season, and fill the croustades and place a slice of truffle on top of each.

When Served. Guests. Remarks.

SCOTCH CANAPES

Parboil one pound of smoked haddock (finnan haddie). Remove the meat from the bones and skin, and break into small pieces. Fry a finely chopped onion in butter, and add two chopped mushrooms and a tablespoonful of flour. Moisten with one-half a cup of milk or cream, and let it boil for a few minutes. Add the picked fish, the yolk of an egg, one tablespoonful of grated Parmesan cheese, chopped parsley, salt, and pepper. Remove from the fire, and let it cool. Cut slices of bread about two and one-half inches in diameter. Toast on one side only. Cover the toasted side of the bread with this preparation, about one-half an inch thick (dome shape. Sprinkle bread crumbs and grated Parmesan cheese over it, also a little drawn butter. Bake in the oven until they become a nice golden colour. Serve on folded napkins.

CANAPES OF HARD SHELL CRABS

Take the meat of twelve cooked, hard shell crabs. Be careful to pick out all the small pieces of shells. With a piece of butter the size of a small egg, one and one-half tablespoonfuls of flour, and one cup of milk and cream mixed, prepare a pretty thick cream sauce. After a few minutes' boiling add the crab meat and a little sherry wine, and also the yolks of two eggs. Cook for two minutes, then remove from the fire and let it cool. Cut pieces of bread in the shape of a horse-shoe, about two and one-half by two inches. Toast on one side. Put this preparation on the toasted side, sprinkle grated cheese and bread crumbs over it, and also a little drawn butter. Brown in the oven. When serving put a small piece of broiled bacon on each canape. Serve on napkins.

The untoasted side of the bread will be toasted crisp enough while the filling on top is baking. If the bread is toasted on both sides, the part resting in the pie-plate or pan is apt to get burned or too crisp.

LOBSTER EN BROCHETTE

Remove the meat from the tail and claws of a cooked lobster. Cut the tail into slices about one-half an inch

When Served.

Guests.

Remarks.

thick, and the claws cross-wise into two pieces. Have as many pieces of fat bacon, one and one-half inches square, as lobster, slightly fried. Put the pieces of lobster and bacon alternately on silver skewers. Season with salt and pepper, dip into drawn butter, and then into bread crumbs. Broil on a slow fire until nicely browned. Put on oblong pieces of toast and pour a little "Maitre d'Hotel" butter over them, and garnish with a piece of lemon.

"Maitre d'Hotel" butter is made by mixing into the butter, salt, pepper, lemon-juice, and chopped parsley.

BROCHETTE OF SWEETBREAD (TOMATO SAUCE)

Cut some parboiled sweetbreads into round slices, about one inch in diameter and two-thirds of an inch thick. Fry them slightly in butter; also as many pieces of bacon as sweetbread. Arrange them on silver skewers as in the previous recipe. Season with salt and pepper. Dip into drawn butter, and broil for five minutes on a slow fire, turning the skewers once or twice. Dip them into butter again, then into bread crumbs, and broil to a nice golden colour. Serve on oblong pieces of toast, and put tomato sauce in the bottom of the dish.

MUSHROOM EN SURPRISE

Cook for fifteen minutes one pound of fresh mushrooms, well washed, but not peeled, with a gill of stock, the juice of one-half a lemon, and one ounce of butter. Strain off the juice, and squeeze all the liquid out of the mushrooms. Then chop the mushrooms, not too fine. With butter, flour, and the mushroom juice prepare a thick sauce. Let it boil for a few minutes, and then add the chopped mushrooms. Mix the yolks of three eggs with one-quarter of a cup of thick cream and stir into the preparation, also two tablespoonfuls of finely chopped ham. Continue to stir it, on the fire, until it becomes thick, like any other croquette preparation. Season with salt, Cayenne, and nutmeg, and then remove from the fire,

When Served. **Guests.** **Remarks.**

and let it cool on the ice. When very cold and solid, make two kinds of croquettes, one the shape of mushroom heads, the other like mushroom stems. Make the latter pointed at one end. Have both kinds well breaded, fry in deep fat, and drain well. Then stick the stems in the mushroom heads so as to have a whole mushroom. Serve on napkins with fried parsley.

RISSOLES POMPADOUR

Cut into small cubes one parboiled sweetbread, three fresh mushrooms, two ounces of cooked breast of fowl, and one truffle. Fry the sweetbread and mushrooms in a small saute pan for five minutes. Then add the chicken and truffle. Moisten with a small glass of sherry wine, and let it simmer for a few minutes more. Add half a cup of cream sauce, and let it boil well together. Add the yolks of two eggs mixed with two tablespoonfuls of cream. Season and put on a plate to cool. Make two large pancakes, and with a fancy round cutter, three inches in diameter, cut four round slices out of each pancake. Put a ball of this preparation, the size of a walnut, on each round piece. Wet the edge with the yolk of an egg, and turn one-half over so as to form a half-moon. Then dip them into flour, beaten eggs, and bread crumbs, and fry in deep fat. Serve on folded napkins.

RAVIOLI NAPOLITAINE

There are scores of recipes for Ravioli, but this one will be found simple and good.

Chop very fine two ounces of cooked fowl, two ounces of ham, four ounces of cooked spinach, free from moisture, one ounce of walnuts, and a quarter of a parboiled calf's brain. Fry two chopped shallot onions and a clove of garlic in two tablespoonfuls of olive-oil. Add one tablespoonful of flour, and moisten with half a cup of chicken stock or consomme. Let it boil, and then add the chopped ingredients. After simmering for a few minutes add the yolks of two eggs and two tablespoonfuls of grated Parmesan cheese. Remove from the fire, and set to cool. With this preparation make rissoles

When Served. **Guests.** **Remarks.**

as in the previous recipe, but use trimmings of puff-paste instead of pancakes. Parboil the rissoles for two minutes in salted water. Take them out with a skimmer, and place them in a well-buttered baking-pan. Sprinkle freely with grated Parmesan cheese, and add also a little melted butter. Bake for six or eight minutes. Lift up the rissoles with a palette knife, and put in a platter with tomato sauce in the bottom. Serve very hot.

BOUCHEES OF OYSTER CRABS

Prepare six small pates of puff-paste, known in French as " Bouchees." Fry half a pint of oyster crabs in butter until they become a bright red colour. Moisten them with two tablespoonfuls of sherry wine, and let them simmer for a few minutes. Add a quarter of a cup of cream, and when it comes to a boil stir into it a heaping teaspoonful of flour, previously mixed with two ounces of butter and the yolks of two eggs. Stir gently until it thickens, and then add a dash of brandy and season with salt and cayenne. Fill the cavities of the pates with this preparation, put the covers on the pates, and serve on folded napkins. Garnish with sprigs of parsley.

HUNGARIAN CROQUETTES

Parboil two calf's feet, wash off the scum, and then boil in water with a small garnishing of vegetables. When well done, remove the bones, and press the meat between two plates. When cold, cut into cubes, also three cooked fresh mushrooms and four ounces of lean cooked ham (Virginia ham preferred). Add a tablespoonful of chopped fried onions. With the strained stock reduced to a pint prepare a thick sauce, and when boiling add the above articles, also salt and one teaspoonful of paprika. Then stir into it the yolks of two eggs mixed with two tablespoonfuls of cream. After two minutes remove from the fire, and let it cool. Form flat round croquettes, two inches in diameter and one-half an inch thick; dip into flour, eggs, and bread crumbs, and fry in deep fat. Serve on folded napkins.

When Served.

Guests.

Remarks.

MARROW FRITTERS

Soak the marrow of two bones in water for two hours, and then parboil or poach in water until cooked. Cut slices about one-half an inch thick from the thick part of the marrow. When cold cover the slices with a Sauce Bordelaise and let them cool again. Then roll in bread crumbs. Dip the slices in a batter, and fry in deep fat. Drain off the grease well, and serve on napkins.

When Served.

Guests.

Remarks.

FISH

It is not the intention of the author to give recipes for plain boiled, fried, or broiled fish, as any beginner in cooking knows these simple recipes, but to give a limited number of attractive and palatable fish courses.

To prepare some of these fancy fish courses, it is necessary to use fish forcemeat, so the way to prepare it is given in the following recipe.

FISH FORCEMEAT

The best fish for forcemeat are striped bass, halibut, and redsnapper. Salmon and Spanish mackerel are good for certain dishes. All are prepared the same way. First prepare a panade as follows. Cut three slices of fresh sandwich bread, each about an inch thick. Trim off the crust and soak for a moment in cold water, just enough to wet it well. Squeeze out all the water, and put into a small saucepan with a very small piece of butter. Then work it, on the fire, until it becomes pasty. Spread out on a plate, and let it cool. Chop one pound of halibut, or any of the other fish mentioned, very fine. Put it in a mortar, and pound it to a pulp. Add the prepared cold panade, and mix thoroughly. Then add three whole eggs and the yolks of three eggs, one by one. Season with salt, pepper, a little nutmeg, and Cayenne, and rub the whole through a wire sieve. Put it into a mixing bowl, and place on the ice for half an hour. Then work the forcemeat with a wooden spoon, and add gradually three-quarters of a cup of thick cream. Take a small lump of the forcemeat, and poach in hot water. If it is too solid add a little more cream, or if it should be too soft add another egg. Put it back on the ice for further use. Forcemeat of fish, or meat, should always be kept cold, as it is apt to curdle if left in a warm place.

PAUPIETTES OF SMELTS (WHITE WINE SAUCE)

Clean six large smelts, cut off the heads, tails and fins. Split them in two lengthwise, and remove the bones.

When Served.

Guests.

Remarks.

Flatten the fillets with a knife. Season with salt and pepper. Cover the inner halves of the fish with fish forcemeat, about one-eighth of an inch thick. Roll up the fillets from the head parts toward the tails, so as to have nice round paupiettes. Put some of the forcemeat into a paper cornet with a fancy tube at the end, and make a rosette on the top of each paupiette; lastly put a fancy cut slice of truffle on top of each rosette. Put them in a flat saucepan, close together, so that they cannot open. Add juice of a lemon, a glass of Sauterne wine, and a gill of fish stock. Cover the pan, and let them simmer slowly for about eight minutes, or until they are cooked. Dish up on a fish platter, and surround with a sauce au vin blanc (white wine sauce).

SMELTS SAUTE MEUNIERE

Dip the cleaned smelts, seasoned with salt and pepper, in milk and flour. Then fry them in clarified butter, in a flat frying-pan, to a nice golden colour. Dish them up on a fish platter. Then add a little fresh butter to that in which the smelts have been fried, and heat until it becomes a light brown colour (noisette). Then add a dash of tarragon vinegar and the juice of a lemon. Pour over the smelts, and sprinkle with chopped parsley. Garnish with slices of lemon dipped in chopped parsley.

FILLET OF SOLE VENITIENNE

Take two fresh flounders (American soles), skin them, and take off the fillets. Double them over, and arrange them in a flat saucepan, slightly buttered. Season, and add one glass of Sauterne wine, the juice of a lemon, and a gill of fish stock. Cook for about eight minutes and then dish up on a platter. Add to the liquid the fish has been cooked in one scant tablespoonful of flour mixed with a tablespoonful of butter, and let it boil for five minutes, to form a sauce. Then add two tablespoonfuls of Venitienne butter.

Venitienne butter is made as follows: One tablespoonful of cooked spinach, a few sprigs of parsley, and also tarragon, chives, and chervil are pounded to a pulp

When Served.

Guests.

Remarks.

with two ounces of butter, and then the whole is rubbed through a fine sieve.

FILLET OF SOLE HOTELIERE

Put eight fillets of sole, doubled over, in a metal baking-dish, well buttered. Chop fine one-half a small onion, two fresh mushrooms, and a few sprigs of parsley, and sprinkle over the fish, also a pinch of flour. Season with salt and pepper, and add the juice of one lemon and a small glass of Sauterne wine. Surround the fillets with twelve oysters, in their own liquid, and sprinkle a few bread crumbs and a little drawn butter over the whole. Put the fish in a moderate oven, and let them cook for fifteen minutes, or more. Baste the fish occasionally with their own liquid. When cooked, sufficient liquid (now thickened a little by the flour and bread crumbs) will be left to cover the fish of each diner. This is a very palatable fish course if properly prepared.

FILLET OF HALIBUT GIRARD

Cut six fillets of halibut heart-shaped. Season with salt and pepper, and cover one side of the fish with fish forcemeat, about one-eighth of an inch thick. Dip a table-knife into the white of an egg, and smooth the surface of the forcemeat right to the edge of the fillets. Arrange them in a flat buttered saucepan. Cut some thin slices of truffle into fancy shapes, such as stars, hearts, or diamonds, and with them put a design on the top of each fillet. Red pimento may also be used for decoration. Then add juice of a lemon, and a little white wine. Put the cover on the pan, and cook slowly for eight or ten minutes. Dish up on a platter. Boil down the liquid to two tablespoonfuls, and then stir this fish essence into some Hollandaise sauce. Surround the fish with this sauce and serve.

HALIBUT MAJOR DOMO

Put eight nice pieces of halibut, free from skin and bones, in a metal baking-dish. Season with salt and pepper, and add the juice of one-half a lemon, and two table-

When Served.

Guests.

Remarks.

spoonfuls of stock or water. Cover with a buttered paper, and cook in the oven for five or six minutes, until nearly half-cooked. With one cup of cream and milk mixed, butter, and flour prepare a thick cream sauce. Let it boil for ten minutes, and then add two ounces of table butter and one ounce of grated Parmesan cheese. Pour it over the fish, sprinkle with bread crumbs, and cook in a moderate oven until nicely coloured. Put eight slices of broiled bacon, cut very fine, on the baked fish, and serve.

STRIPED BASS A LA BERCY

Put as many pieces of striped bass as required, free from bones, into a flat buttered saucepan. Cover these pieces of bass with one-half a pint of strong fish stock. Season with salt and pepper. Cook the fish until done, and then dish up on a platter, and keep warm. Thicken the stock, which should be boiled down to a gill, with a little flour and butter, and then stir into it slowly about four ounces of butter. Add a teaspoonful of finely chopped shallot onions, previously fried in butter, and some chopped parsley. Then add the juice of one-half a lemon, and pour over the fish. Serve small, round, boiled potatoes with it.

SEA BASS MAITRE D'HOTEL

Split a sea bass in two. Season. Dip in olive-oil, and broil. To two ounces of butter add a little salt, pepper, the juice of one-half a lemon, and some chopped parsley. When the fish is cooked cover it with this butter. Put the platter in the oven, so that the butter will melt. Surround with pieces of lemon, and serve.

FRESH MACKEREL SAUTE IN BUTTER

Split a mackerel in two. Remove the bones and head. Season with salt and pepper. Dip in milk and flour, and fry in butter, in a flat frying-pan. When cooked to a nice golden colour, dish up on a platter. Add a little fresh butter to the frying butter, and pour over the fish.

When Served.

Guests.

Remarks.

Sprinkle with chopped parsley, and serve with pieces of lemon.

SPANISH MACKEREL MARINIERE

Split a Spanish mackerel, and cut in pieces to suit Cook as in the previous recipe. Put the fish on a platter, and keep it warm. Remove half of the butter in which the fish was cooked. To the remaining butter add twenty-four clams, the soft parts only, and twelve shrimps, cut into pieces. Sprinkle a teaspoonful of flour over it, and then moisten with a gill of clam broth. Let it boil for a few minutes, and then add two ounces of fresh butter, the juice of one-half a lemon, and some chopped parsley. Season more if necessary, and pour the whole over the fish.

PAUPIETTES OF TROUT-MANTOU

Clean the trout; split them in halves, and prepare in the same way as paupiettes of smelts. But add to the fish forcemeat one tablespoonful of finely chopped truffle and one teaspoonful of parsley. Instead of the fancy cut slice of truffle on top of each rosette, put a round piece of pimento. Put the paupiettes close together in a flat saucepan, and moisten with a glass of Sauterne wine, juice of one lemon, and one-half a gill of fish stock. Put on the cover, and let it boil slowly until cooked. With a small piece of butter, a little flour, and the fish stock in which the paupiettes have been cooked, prepare a sauce. When boiling add the yolks of two eggs. Remove from the fire, and add gradually two tablespoonfuls of lobster butter. Put the sauce around the fish.

The lobster butter is made as follows: Pound in a mortar the shells of two lobsters with one-half a pound a butter until the shells are crushed into small pieces. Then cook in a saucepan until clarified. Strain the red butter through a mousseline cloth.

TROUT BAKED IN CREAM

Clean as many brook trout as required. Season with salt and pepper; dip in milk and flour, and put them in a

When Served.

Guests.

Remarks.

well-buttered metal baking-dish. Cover the trout (if four or five) with one cup of good cream, and sprinkle a little grated Parmesan cheese over them. Start them to boil on top of the range, and then put the dish in a moderate oven to bake for twelve or fifteen minutes, or until they are thoroughly cooked and nicely browned on top. Put the baking-dish on a platter with a napkin, and put half slices of lemon on the edge of the metal dish, and serve.

TROUT IN JELLY

Clean and wash six small brook trout. Put them in a flat stewing-pan, cover them with cold water, and add salt, an onion, one-half a carrot, spices, and one-half a gill of vinegar. Let it come to a boil, and then remove from the fire; let it cool in the liquid. Put the trout on a plate. Add some gelatine to the fish stock, sufficient to stiffen it, and clear it with the whites of two or three eggs. Strain the jelly and let it get cold, but not solid. Decorate some long, narrow tin moulds — about seven inches long, two inches wide, and one and one-half inches high — with pieces of hard-boiled eggs, pickles, capers, and small slices of tomatoes. Put enough jelly in the moulds to make the pieces remain in place. Put the trout into the moulds, and fill in gradually with the jelly, so as to cover the fish. When set, dip the moulds into warm water, wipe well, and turn them out on a platter. Garnish with shredded lettuce, or lettuce leaves.

When Served.

Guests.

Remarks.

SALMON

Salmon is usually boiled whole, or in big pieces, and served with some fish sauce, potatoes, and also fresh green peas; or is cut in slices, and broiled, and served with parsley butter or tartar sauce; but many kinds of fancy and palatable dishes may be made of salmon.

SALMON A LA BALZAC

Cut six pieces of salmon heart-shaped, about one-half an inch thick, free from skin and bones. Cover the centre of the fillets with a salmon forcemeat. Split a large cooked shrimp in two, and place the pieces opposite each other on the forcemeat, so as to form a circle, and then put a round slice of truffle in the centre. Put these decorated pieces of salmon in a flat buttered saute pan. Season with salt and a pinch of red pepper, and add one gill of fish stock. Cover the pan, and cook slowly on the stove for ten minutes, or until cooked. Dish up on a platter. Reduce the liquid, and add one-half a cup of Bechamel Sauce, one ounce of lobster butter, the yolk of one egg, and the juice of one-half a lemon. Put the sauce around the fish.

CUTLETS OF SALMON WITH PEAS

Prepare one cup of thick cream sauce. Have one pound of cooked salmon broken into pieces, free from skin and bones, and add it to the sauce, and let it simmer for a few minutes. Season to taste. Mix the yolks of two eggs with two tablespoonfuls of cream, and stir this into the fish, and cook for another minute. Remove from the fire, and spread on a platter to cool. When cold form into cutlets, dip in flour, beaten egg, and bread crumbs, and fry in deep fat. Drain well, and put on a platter. Surround them with green peas, and put fancy paper frills (stabs) in the cutlets.

When Served.

Guests.

Remarks.

GRENADINS OF SALMON — SHRIMP SAUCE

Split a piece of salmon, take off the bones, and skin. Cut it into round flat pieces, about two and one-half inches in diameter and one-half an inch thick. Lard each piece with five or six strips of fat salt pork, about two inches long. Put a few thin slices of carrot and onion in a buttered flat saucepan. Put the pieces of fish on top of it, and add a small glass of Sauterne wine and a tablespoonful of meat extract. Start it to boil on top of the range for two minutes. Then put it in the oven for about twelve minutes. Baste it occasionally with its own liquid, so as to have the fish nicely glazed when cooked. Put a shrimp sauce in the bottom of a fish platter; put the pieces of fish, free from vegetables, on top of it. Strain the fish glace, and put a teaspoonful on each grenadin.

CODFISH IN CREAM (BAKED)

Mix some pieces of freshly cooked codfish, free from skin and bones, with some cream sauce. Season with salt and pepper. With four large freshly cooked potatoes (hot), two ounces of butter, and two eggs mashed thoroughly together put a border on a metal baking-dish. Fill the fish in the centre of this border. Cover with bread crumbs, a little grated Parmesan cheese, and butter, and bake for twelve or fifteen minutes in a moderate oven, until the whole is nicely browned.

BUTTERFISH SAUTE COLBERT

Dip some cleaned butterfish into milk and flour, and fry in clarified butter until cooked. Dish up on a platter. Surround the fish with slices of lemon, and pour a Sauce Colbert over them.

RED SNAPPER BAKED ITALIENNE STYLE

Put six pieces of red snapper, free from skin and bones, in a buttered metal baking-dish. Put the head of a small fresh mushroom on each piece of fish; season with salt and pepper. Add the juice of one-half lemon

When Served.

Guests.

Remarks.

and a sherry-glassful of white wine. Cover the fish with a buttered paper, and cook for about eight minutes in the oven. Remove the paper, and cover the pieces of fish with a Sauce Italienne. Sprinkle fine bread crumbs over it, and a little melted butter. Put it back in the oven, and cook for ten minutes more, until nicely browned. Then sprinkle over it the juice of one-half lemon and some chopped parsley. Put the baking-dish on a platter with a napkin, and serve.

EELS SAILOR STYLE (MATELOTTE)

Skin and clean two eels, and cut them in pieces about two and one-half inches long. Heat three tablespoonfuls of olive-oil in a saucepan. When very hot add the pieces of eels, salt, pepper, two finely chopped shallot onions, and a clove of garlic. After frying a few minutes sprinkle a scant tablespoonful of flour over them, and let them fry two minutes. Then add one-half pint of claret and one gill of water. Cover the saucepan, and cook in this sauce for about ten minutes. Then add one and one-half dozen of small glazed onions and one and one-half dozen of small mushrooms. Let it boil for a few minutes more, and then add to the sauce two ounces of good butter in small pieces, stirring it gently. Dish up in a deep platter, or entree dish. Sprinkle a little parsley on top, and surround it with small triangles of toast.

FILLET OF KINGFISH — BON VIVANT

Split in two three kingfish. Remove the heads, bones and skin. Season the fillets with salt and pepper. Chop fine twelve cooked soft clams (the soft parts only), the claw of a lobster, and two cooked mushrooms. Mix these ingredients into two tablespoonfuls of fish force-meat. Add one-half a teaspoonful of finely cut chives and chopped parsley to it, and cover the fillets with this preparation. Double them over, and trim evenly. Dip in cream and flour, and fry slowly in clarified butter, until cooked. Put a slice of truffle on each piece of fish, and cover the whole with a Sauce Colbert.

When Served.

Guests.

Remarks.

KINGFISH SAUTE WITH FINE HERBS

Cut off the heads and tails of three kingfish. Split the fish in two, and remove the bones. Dip them in flour, and fry in butter. When cooked, dish them up. Add the juice of a lemon to the butter the fish has been cooked in, and also a little chopped parsley, chives, chervil, and tarragon. Pour this over the fish, and surround it with slices of lemon.

POMPANO — LOBSTER SAUCE

Split the fish in two, and remove the head and bones. Put it in a flat pan, cover it with one-half a pint of fish stock, and let it simmer until cooked. Dish up on a platter, and cover with lobster sauce.

PLANKED SHAD

This is supposed to be a Southern dish, and ordinarily was prepared in the following way. After the shad was split from the back, and cleaned, it was placed on an oiled cedar plank about an inch thick. The fish was fastened to the plank by two wires, running diagonally. Then the plank was placed in front of an open fire long enough to cook the fish. The aroma of the cedar wood plank, it is claimed, added to the flavour of the fish.

The present way of preparing the fish differs a little from the original recipe. Split the shad in two pieces. Remove the spinal bone and the head. Season with salt and pepper. Baste the fish over with drawn butter. Put it on a hot greased plank, and bake in the oven until thoroughly cooked. Before serving cover the fish with "Maitre d'Hotel" butter, and garnish with potatoes and lemon. Sometimes the fish is partly cooked in a flat pan before it is put on the plank.

BLUEFISH BAKED CREOLE STYLE

Split the bluefish. Remove the bones, and cut the fish into pieces. Put them in a metal baking-dish. Season with salt and pepper, the juice of one-half a lemon, and a small glass of Sauterne wine. Cover the fish with

When Served.

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Remarks.

a buttered paper. Cook in the oven for ten or twelve minutes. Remove the paper, and cover the whole with a Sauce Creole. Sprinkle bread crumbs and butter over it, and put it back in the oven. Bake until the fish is cooked, which will take ten minutes or more.

SHEEPSHEAD BOILED — EGG SAUCE

Clean and wash the fish. Put it in a fish boiler and cover it with warm water. Add salt, a gill of vinegar, one carrot, an onion, a few peppercorns, and a bay leaf. When it comes to a boil remove the boiler to a part of the stove where it will remain at the boiling point for about twenty minutes. Dish up on a platter, with folded napkin. Surround with freshly cooked round potatoes. Serve egg sauce separate.

HADDOCK A LA MORNAY

Split a fresh haddock in two. Remove the head, fins, bones, and skin. Put it on a metal baking-dish, and season. Add a little fish stock or white stock to it. Cover with a buttered paper, and cook in the oven for ten minutes. Prepare a cup of thick cream sauce. Add the fish stock from the baking-dish to it, and then stir into it four ounces of good butter and two ounces of grated Parmesan cheese. Pour the sauce over the fish. Sprinkle plenty of grated cheese over it, and also some bread crumbs and a little melted butter. Bake in a moderate oven until the fish is done, and of a nice golden colour. Put the dish on a platter with a folded napkin.

FINNAN HADDIE "EN COQUILLES"

Parboil a finnan haddie (smoked haddock). Remove the bones and skin, and break the fish into pieces. Put the fish in a well-buttered cream sauce, just enough sauce to mix with the fish. Fill some scallop shells with the fish. Sprinkle some bread crumbs over them, and also some drawn butter. Bake for about ten minutes to obtain a golden colour. Serve individually on paper doilies, or together on a folded napkin.

When Served.

Guests.

Remarks.

WHITEBAIT FRIED PLAIN, OR DEVILLED

Have the whitebait well washed, and free from all the weed and grass that is generally mixed with them. Drain well and put them in plenty of flour, and mix thoroughly so as to have them well floured. Put the whole in a wire sieve, and sift off all the flour. Then put them in a fine wire frying-basket, and fry them in very hot fat. Drain them well, and serve on a napkin with lemon, and tartar sauce separate.

Devilled. Mix one tablespoonful of English mustard with Worcestershire sauce to the thickness of an ordinary sauce. Add a pinch of Cayenne and a dash of vinegar. Put the whitebait through this preparation before putting them in the flour. Then prepare and fry as directed in the above recipe.

When Served.

Guests.

Remarks.

SHELL FISH

LOBSTER NEWPORT STYLE

Cut a cooked lobster in two. Remove the meat from the shell and claws, and cut it into small pieces. Heat a tablespoonful of butter in a saucepan, add the pieces of lobster, and cook for three minutes over a brisk fire. Add a dash of sherry wine and later one cup of cream, and let it boil. Mix a heaping tablespoonful of flour with a small piece of butter and stir in to thicken the cream. Season with salt and Cayenne pepper. Remove from the fire. When partly cooled fill into the cleaned shells, sprinkle over them bread crumbs, grated Parmesan cheese, and butter, and brown them in the oven to a golden colour. Serve on folded napkins.

BAKED LOBSTER A LA GERANT

Split a live lobster in two and crack the shells of the claws. Remove the creamy part (tomalley) from the body for later use. Bake the lobster for about twelve minutes. Remove the meat from the claws only. Chop fine, add a teaspoonful of mixed English mustard, a tablespoonful of Worcestershire sauce, one of melted butter, and then a little paprika, chopped chives, salt, and the creamy part of the lobster. Mix well. Spread this preparation over the partly cooked lobster, also bread crumbs and a little butter, and brown in the oven for five or eight minutes, so as to have the lobster thoroughly cooked. Serve with lemon and garnish with parsley.

LOBSTER A LA BERCY

Chop fine one small onion, two shallots, and two medium-sized mushrooms, and fry them in olive-oil without attaining colour. Cut up a live lobster, the tail into five pieces, the claws into two, and the body lengthwise. Remove the food bag. Retain the creamy part of the

When Served.

Guests.

Remarks.

body. Saute the lobster for a few minutes with the chopped onion, etc. Season with salt and pepper and moisten with a gill of Sauterne wine. Cover the pan and cook for fifteen minutes; then remove the pieces from the shells and put them in a deep entree dish to keep warm. Add one-half cup of Veloute sauce to the reduced liquid of the lobster, also the tomalley, the juice of one-half lemon, three ounces of table butter, and chopped chives and parsley. Stir well so the sauce will be smooth. Pour over the lobster and serve with toast.

CLAMS CHATHAM STYLE

Steam twenty-four large Duxbury clams for five minutes Take the clams out of the shells and remove the hard parts. Strain the juice. With some butter, flour, and a part of the clam juice prepare a sauce of ordinary thickness; season to taste, and add a little chopped parsley and chives. Put two clams in each shell, cover them with a tablespoonful of the sauce, put a very thin slice of bacon over them, and brown in the oven. Serve on napkin with lemon.

QUAHAUG CLAMS (STUFFED)

Steam two dozen large quahaug clams for ten minutes. Then remove them from the shells and strain the broth. Chop the clams fine. Fry a small onion and four fresh mushrooms, finely chopped, in butter. When slightly coloured add a teaspoonful of flour, enough clam broth to form a thick sauce, and let it boil for a few minutes. Then add the chopped clams, the yolks of two eggs, some chopped parsley, and season to taste. Remove from the fire. When partly cooled fill the shells with this preparation, sprinkle over it bread crumbs and grated cheese, and then put a small pat of butter on each and brown in the oven.

OYSTERS MANHATTAN

Put some rock salt in a flat pan. Place twelve large freshly opened oysters, in the deep shell, on the bed of

When Served.

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Remarks.

rock salt so that the juice will not run out of the shell. Mix one-quarter of a pound of butter with salt, pepper, the juice of one lemon, and one tablespoonful of chopped parsley. Put a small piece of this butter on each oyster and a thin slice of bacon over it, so as to cover nearly the whole oyster. Bake them in the oven until the oyster is cooked and the bacon is brown and crisp. Serve the oysters in a covered dish with lemon.

OYSTERS A LA POULETTE

Parboil a pint of large oysters in their own liquid. Strain the broth and remove the hard part of the oysters. With some butter, flour, and the oyster broth prepare a thick sauce and let it boil for a few minutes. Add the oysters, the yolks of three eggs, mixed with a gill of cream, also two ounces of butter and the juice of one-half a lemon. Shake in the stew-pan for a few minutes so the yolks of the eggs and the butter will mix thoroughly, thus thickening the sauce. Season with salt and Cayenne pepper. Do not let it boil. Serve with toast.

OYSTERS EN BROCHETTE, OR FLYING ANGELS

Heat twenty-four small oysters in their own liquid, just enough to make the meat solid; then strain off the broth. Cut very thin twenty-four strips of bacon, three inches long by one inch wide; cover them with English mustard mixed with Worcestershire sauce. Then put an oyster on each slice and wrap the oyster in this devilled bacon. Put six of these oysters on a metal skewer, sprinkle with bread crumbs, and broil until cooked brown. Serve on long, narrow pieces of toast with lemon, and pour melted parsley butter over them.

SOFT SHELL CRABS BROILED

Dip cleaned crabs in olive-oil and then in fine cracker crumbs. Broil on a moderate fire for about eight or ten minutes. Serve them on small pieces of buttered toast, and pour a teaspoonful of melted parsley butter over each. Surround with lemon.

When Served.

Guests.

Remarks.

SOFT SHELL CRABS WITH BROWNED BUTTER

Clean soft shell crabs, dip them in milk and flour, and fry in clarified butter. Dish them up. Heat two ounces of table butter until very brown, remove the pan from the fire, add a dash of vinegar, the juice of one-half lemon, salt, and pepper, and pour over the crabs and then sprinkle with chopped parsley.

CRAB FLAKES IN CREAM

Take the meat of some large cooked hard-shell crabs. Heat two ounces of butter and add one-half a pound of the crab flakes, toss them over a fire for two minutes, then add a small cup of cream, and let it boil. Mix a scant tablespoonful of flour with some butter, stirring it in to thicken. Let it boil a little longer, then add a dash of sherry wine, and season with salt and Cayenne pepper. Serve in a covered dish with toast or separately.

Crab flakes may be obtained ready for use from the fish dealer.

STUFFED CRABS WITH BACON

Prepare like the above, but add the yolks of two eggs, and thicken it a little more. Fill the prepared crab flakes into clean crab shells, sprinkle over them bread crumbs and grated Parmesan cheese, also a little butter, and bake to a golden colour. When serving put a small slice of thin, crisp, broiled bacon on each crab, and serve hot.

CRAB FLAKES MORNAY

Stir into one cupful of thick cream sauce, while boiling, one ounce of grated Parmesan cheese until thoroughly melted, then add to it one-half a pound of crab flakes. Season with salt and Cayenne pepper and mix well. Put it into a metal baking-dish, sprinkle a little more grated cheese and butter over it, and bake in a moderate oven to a golden colour.

OYSTER CRABS ASTORIA

Fry one-half a pint of well-drained oyster crabs for three minutes in butter over a brisk fire, then put them in

When Served.

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a stew-pan. Steam three dozen medium-sized Duxbury clams till cooked, put the soft part of them with the oyster crabs, add one-half a cup of the clam juice to them, and let boil. Thicken it a little with flour. Mix the yolks of two eggs with one-half a gill of cream, stir into it, also, one ounce of butter and a dash of sherry wine. Mix well until it thickens. Season highly and serve with toast.

OYSTER CRABS DEVILLED

Mix one heaping teaspoonful of English mustard with three tablespoonfuls of Worcestershire sauce. Put one-half a pint of well-drained oyster crabs into it, and let it soak for awhile. Take them up without the liquid, and put them in flour. Sift off the surplus flour and fry in a very hot, deep fat, using a frying-basket. Before serving, season with salt mixed with a pinch of Cayenne. Dish up on folded napkin, and serve brown bread and butter sandwiches cut very thin, separately.

When Served.

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Remarks.

EGGS

There are hundreds of ways of preparing egg dishes, but the author intends to give only a few select ones, suitable for luncheons.

EGGS A LA BENEDICT

Split two English muffins in two, toast and butter them. Have four slices of cooked ham trimmed round and fry them slightly in butter. Place the ham on the top of the muffins. Have four poached eggs ready, put them on the ham, and cover the whole with a Hollandaise sauce.

Thick round slices of toast, three inches in diameter, may be substituted for muffins.

EGGS COQUELICOT

Butter well four timbale moulds, two by two inches. Place the tops of four red cooked pimentos, which form little bags, into the timbale moulds, pressing them against the sides and bottom. Break a small egg into each and sprinkle with salt and pepper. Stand the moulds in a flat pan with water in it and poach them in the oven slowly for ten minutes, or until the egg is nearly solid. Turn them out on round pieces of toast on a platter and surround them with a thin cream sauce.

EGGS FARCI AU GRATIN

Cut four hard-boiled eggs lengthwise in two and remove the yolks. Place the whites on a buttered flat baking-dish. Rub the yolks through a sieve, place them in a small bowl, and add two tablespoonfuls of cream sauce, two of finely chopped cooked ham, salt, pepper, nutmeg, and chopped parsley. Put this filling in a paper cornet and press it into the cavities of the whites of the eggs, dome-shape. Cover the stuffed eggs with cream sauce and sprinkle with grated Parmesan cheese and melted butter.

When Served.

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Remarks.

Bake in a moderate oven for a few minutes so as to obtain a nice golden colour.

EGGS A LA MEYERBEER

Fry four fresh eggs separately. Cut them out with a two and one-half inch cutter, leaving only a small rim of the white near the yolk. Place them on round pieces of toast on a platter; garnish them with four small broiled lamb kidneys and eight tiny sausages. Pour over them the blood that accumulated in the cavities of the kidneys, mixed with a little gravy, and serve.

EGGS A LA MORNAY

Boil four eggs for five minutes; plunge them in cold water and remove the shells. Cut one end flat and stand them upright in a baking dish. Heat a small cup of cream sauce and stir into it one ounce of grated Parmesan cheese and one ounce of butter. Season well. When partly cold cover the eggs with it; sprinkle with more cheese and fresh bread crumbs, also some butter, and bake for a few minutes to a light brown colour.

OMELETTE A LA PAUL

Prepare one-half a cup of chicken hash, adding to it one small green pepper and two fresh mushrooms cut fine, previously cooked in butter. Make an omelette of six eggs and fill the centre with this preparation. Turn the omelette out on a platter and surround it with Veloute Sauce.

OMELETTE O. C. Y. C. STYLE

Take the soft parts of twelve cooked Duxbury clams and put them into a saucepan with two gills of the broth and let it boil. Thicken it with some flour and butter; then add the meat of one-half a small cooked lobster and two hard boiled eggs cut in small pieces. Season well. Make an omelette of six eggs; fill this preparation into the centre, but reserve some of the sauce. Turn the

When Served. **Guests.** **Remarks.**

omelette out on a platter, pour the remaining sauce around the omelette, and garnish it with thin slices of crisp bacon.

SCRAMBLED EGGS WITH ASPARAGUS TIPS

Have one cup of small cut asparagus tips ready cooked and mix them with Veloute Sauce. Season well. Scramble eight eggs and place them on a platter so as to form a border. Put the prepared asparagus tips in the centre and surround them with a small triangle of baked puff-paste.

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Guests.

Remarks.

SAUCES

ESPAGNOLE OR SPANISH BROWN SAUCE

This sauce is the foundation of sauces, and most of the brown sauces are made of it. If properly made it can be kept in the ice-box for a week. In a copper saucepan (with a thick bottom) melt a pound of butter, add a pound of flour, and cook slowly together, stirring most of the time, for about twenty-five minutes, so as to obtain a brown colour. This is called a "roux." When partly cooled off, moisten with four quarts of brown stock, stirring well to obtain a smooth sauce. Add a pint of puree of tomatoes, and let cook slowly for three hours (set it on the side of the range so that it will only boil partially), skimming off the fat occasionally; then strain through a fine sieve into a bowl. Stir frequently until nearly cold, and then put away for further use.

DEMI GLACE OR HALF GLACE

Prepare a small " mirpoix " of vegetables, adding a few small pieces of veal bones and mushroom stems. When nicely browned, add a glass of sherry and one of Sauterne wine, and boil it down to a glace. Then add a quart of Espagnole Sauce, and dilute with a quart of brown stock. Boil slowly for an hour or more, skimming off the grease occasionally. When reduced to about half the quantity, strain through a fine sieve and set aside for further use. This sauce should be just thick enough to adhere to the meats like a glace.

MAYONNAISE SAUCE OR DRESSING

Put the yolks of four eggs into a bowl. Add a teaspoonful of mustard, one-half a teaspoonful of salt, a pinch of Cayenne pepper, and a few dashes of vinegar. Work this together with a wire whisk or a wooden spoon, and then add gradually one pint of olive-oil, pouring it in very slowly from the beginning. If the dressing gets too

When Served. **Guests.** **Remarks.**

thick add a few dashes of vinegar, but keep working it all the time vigorously, so as to obtain a thick sauce. Lastly add the juice of a lemon. Keep in a cool place.

TARTAR SAUCE

Add to one pint of thick mayonnaise dressing one teaspoonful of chopped parsley, one tablespoonful of chopped pickles, one of chopped capers, and a teaspoonful of very finely chopped onions.

BORDELAISE SAUCE

Fry two tablespoonfuls of finely chopped shallot onions and a clove of crushed garlic in oil, moisten with a glass of Bordeaux wine, let boil to half its quantity, then add a pint of Espagnole Sauce and a cup of gravy and boil together for twenty minutes, skimming off the fat. When ready to use, add a tablespoonful of chopped parsley, one ounce of table butter, the juice of one-half a lemon, and twelve slices of marrow of beef, previously plunged in boiling water for two minutes and well drained. This sauce is served with steaks, tenderloin of beef, or Fillet Minion.

BIGARAD SAUCE

Cut the thin peel of an orange into a fine " Julienne," parboil in water for five minutes, then drain well, and put into a small saucepan with a little sherry wine and the juice of an orange. Add a pinch of Cayenne pepper and one pint of Demi Glace. Boil for a few minutes more, then add the juice of one-half a lemon and one ounce of table butter.

REMOULADE SAUCE

To a pint of Mayonnaise Sauce add the yolks of four hard-boiled eggs finely chopped, a teaspoonful of chopped parsley and chives, and a teaspoonful of French mustard.

SAUCE COLBERT

Melt two tablespoonfuls of meat extract in a saucepan, and when hot stir into it three or four ounces of butter, using a wire whisk. Then add the juice of a lemon, two

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tablespoonfuls of sherry wine, and a teaspoonful of chopped parsley. Do not let it boil, or it will curdle. May be served with broiled meats or fish.

CREOLE SAUCE

Cut one large green pepper, one onion, two fresh mushrooms, and one red pepper into strips about an inch long. Fry the green pepper, onion, and mushrooms in one tablespoonful of olive-oil and one of butter. Add two cloves of crushed garlic to it, then the red pepper (pimento), and lastly three peeled tomatoes cut in small pieces. Moisten the whole with a wineglassful of sherry wine, and let it simmer for ten minutes. Add one pint of Espagnole Sauce. Cook for a few minutes longer and finish it with the juice of one-half a lemon and a teaspoonful of chopped parsley.

CUMBERLAND SAUCE

This sauce is served with venison or similar game, and also with small tenderloin steak, "Marinee." Cut two ounces of blanched and peeled almonds in strips, add two ounces of French cherries cut in four, one ounce citron cut in strips, and two ounces of sultana raisins. Put them in a saucepan with a gill of Madeira wine, cover the pan and stew slowly for ten minutes, then add to it a pint and a half of port wine sauce, and boil for five minutes. Before serving, add the juice of half an orange.

DEVILLED SAUCE

Reduce two tablespoonfuls of vinegar, with one tablespoonful of chopped shallot onions and a clove of garlic, to a glace. Add half a pint of Espagnole Sauce and half a cup of gravy, and let it boil for ten minutes, then add a teaspoonful of mustard mixed with Worcestershire sauce, a pinch of Cayenne, a dash of claret, and an ounce of butter. Strain through a sieve.

FRESH MUSHROOM SAUCE

Peel and slice one-half a pound of fresh mushrooms. Fry them in two ounces of butter for a few minutes, then

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moisten with a gill of sherry wine, cover the saucepan and let simmer for ten minutes, and then add one pint of brown sauce. Boil for five minutes more, skim well, season with salt and Cayenne pepper, and lastly add a tablespoonful of freshly chopped parsley.

SAUCE ITALIENNE

Chop finely a medium-sized onion, four shallot onions, and a clove of garlic. Fry in two tablespoonfuls of olive-oil. Add two ounces of chopped mushrooms, moisten with a glass of white wine, boil for a few minutes, then add one pint of Espagnole Sauce and one-half a pint brown stock or gravy, and boil for twenty minutes. Add a tablespoonful of chopped parsley, the juice of one-half a lemon, and season with salt, pepper, and Cayenne. May be used with broiled meat or fish au gratin, Italian style.

PORT WINE SAUCE

Put one-half a tumbler of currant jelly with one-half a pint of port wine into a saucepan, let it boil, stirring occasionally until the jelly is melted. Then add a pint of brown sauce, a pinch of Cayenne pepper, and the juice of a lemon. Reduce to the thickness wanted, and strain through a fine sieve. This sauce is served with venison, moose, or similar game.

PIQUANTE SAUCE

A medium-sized onion and three sour pickles should be chopped fine. Put them in a saucepan with a wineglassful of vinegar, and boil until the liquid is nearly reduced. Then add a pint of brown sauce, boil for a few minutes, and add a teaspoonful of chopped parsley, one of tarragon leaves, an ounce of butter, the juice of one-half a lemon and a tablespoonful of finely chopped capers, if desired.

PERIGUEUX SAUCE

Chop three truffles (not too fine). Put them in a saucepan with a gill of Madeira wine, and let it boil for about ten minutes, so that the liquid is nearly reduced; add a

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pint of brown sauce, some of the juice which comes with the truffles, a tablespoonful of meat extract, and half a cup of gravy or brown stock. Boil for ten minutes more, skim off the fat, season to taste, and serve separately or over the meat.

TOMATO SAUCE

Put into a saucepan an onion, a carrot, four ounces of lean ham cut in small pieces, a few whole peppercorns, one bay leaf, two cloves, and a few sprigs of parsley. Fry colourless. Moisten with a quart of veal stock, add five pounds of tomatoes cut in pieces, and boil together for an hour. Mix three ounces of corn-starch with a cup of water, and stir into the sauce; let it boil for twenty minutes more. Season with salt, pepper, and a tablespoonful of sugar, and then rub it through a fine sieve. If a rich tomato sauce is required, reduce it to the thickness wanted. A little tomato ketchup added to the sauce will improve it.

ROBERT SAUCE

Chop a medium-sized onion and four shallot onions fine, fry slightly in butter, and then moisten with a glass of Sauterne wine and two tablespoonfuls of vinegar. When partly boiled down, add half a pint of Espagnole Sauce and one-half a cup of consomme, or brown stock. Boil for ten minutes and add one heaping teaspoonful of French mustard, one ounce of butter, a pinch of Cayenne pepper, and the juice of one-half a lemon. Stir well so the mustard will mix into it.

ALLEMANDE SAUCE

Put one quart of Veloute Sauce and a pint of chicken stock into a saucepan and boil for about twenty minutes, stirring frequently while reducing. Mix the yolks of three eggs with one-half a cup of cream and stir into the boiling sauce. Remove from the fire, add two ounces of butter, the juice of a lemon, and strain through a fine sieve.

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Remarks.

VELOUTE SAUCE

Melt one-half a pound of butter in a saucepan, add one-half a pound of flour, and cook slowly for fifteen minutes, without attaining colour. Moisten this "roux" with two quarts of white stock. Stir well with a wire whisk to obtain a smooth sauce. Add an onion, a stalk of celery, and a few white mushroom stems. Let it boil slowly for an hour. Skim off the fat (or grease) and then strain through a fine sieve, and put away for further use.

CREAM SAUCE

Prepare a "roux" of flour and butter, as for Veloute Sauce. When the "roux" is cooled off, add two quarts of boiling milk and cream mixed, and stir well to obtain a smooth sauce. Add an onion with three cloves, let boil for twenty minutes, then add four ounces of table butter, season with salt, Cayenne, and a little nutmeg, and strain through a fine sieve. This sauce should be boiled slowly, as it clings easily to the bottom of the saucepan, and is apt to get a burned taste.

BECHAMEL SAUCE

Put one pint of Veloute Sauce and one pint of cream sauce in a saucepan with one-half of cream. Boil for fifteen minutes, stirring frequently. Add two tablespoonfuls of essence of mushroom and two ounces of butter, and remove from the fire. This is a very rich sauce and may be served with boiled fowl, turkey, fish, or vegetables, such as celery, artichokes, etc.

BEARNAISE SAUCE

Chop very fine four small shallot onions, put them in a saucepan with four tablespoonfuls of tarragon vinegar and boil until the liquid is nearly reduced, then add the yolks of three eggs. Have half a pound of butter melted, add a small quantity of it to the eggs and onions, stir it with a wire whisk until it thickens, and then gradually add the rest of the butter, stirring it continually. When thick

When Served.

Guests.

Remarks.

and smooth, add the juice of a lemon, one tablespoonful of finely chopped tarragon leaves, parsley, and a pinch of Cayenne pepper.

BERCY SAUCE

Fry two heaping tablespoonfuls of finely chopped shallot onions in butter for two minutes, then add one-half a pint of Sauterne wine. Boil together until the wine is reduced to half, then add one-half a pint of fish sauce, boil for a few minutes, and remove from the brisk fire to the side of the stove. Add one-half a pound of butter, in small quantities, stirring it constantly. Do not let it boil. Lastly, add a teaspoonful of chives and one of chopped parsley, the juice of a lemon, a pinch of white and red pepper, and salt if necessary.

CARDINAL SAUCE WITH LOBSTER

Cut the claws of a cooked lobster in small dice, saute them slightly in butter, add some sherry wine and a pint of Veloute Sauce. Cook for a few minutes. Mix the yolks of two eggs with some cream, and stir into the sauce, also two ounces of butter and a tablespoonful of chopped lobster coral.

CAPER SAUCE

Cream two ounces of butter, add one and one-half ounces of flour and one-half a pint of water, stir on the fire till it comes to a boil. Work in two ounces of butter in small quantities, season, add the juice of one-half a lemon, and, lastly, two tablespoonfuls of capers.

EGG SAUCE

Melt two ounces of butter, add two tablespoonfuls of flour, then a pint of boiling water or light white stock. Cook for ten minutes, then add two hard boiled eggs cut in small pieces, one teaspoonful of chopped parsley, two ounces of butter, salt, pepper, and nutmeg.

When Served.

Guests.

Remarks.

FISH SAUCE

This sauce may be used for several kinds of fish, with but little variation. Melt four ounces of butter in a saucepan, add three ounces of flour, and cook slowly for ten minutes, so that it will not attain colour. Moisten with a quart of fish stock, and stir well so as to obtain a smooth sauce. Boil for twenty minutes, season to taste, add two ounces of butter, and strain.

HOLLANDAISE SAUCE

Melt one-half a pound of butter. Put into a saucepan the yolks of three eggs with the juice of a lemon and a pinch of red pepper; add a small quantity of the melted butter, and stir over the fire until it thickens. Then add gradually the remainder of the butter, stirring constantly with a wire whisk. If it becomes too thick, add a few drops of warm water, which will prevent it from curdling. If this sauce is used for asparagus, cauliflower, or similar vegetables, a few tablespoonfuls of thick cream will improve it, giving the sauce a sweet taste.

OYSTER SAUCE

Poach two dozen small oysters in their own liquid. Strain the liquid through a cloth and mix it with one pint of fish stock. Heat two ounces of butter in a saucepan, add two ounces of flour, stir well, then add the boiling fish and oyster broth, and boil for ten minutes. Mix the yolks of two eggs with a quarter of a cup of cream, and stir into the broth; add the juice of one-half a lemon, salt, pepper, nutmeg, and two ounces of butter, and strain. Add the oysters and some chopped parsley.

POULETTE SAUCE

Add to a pint of boiling Veloute Sauce the yolks of three eggs, mixed with half a cup of cream. Stir well. Before using, add two ounces of butter and the juice of one-half a lemon.

When Served. Guests. Remarks.

SHRIMP SAUCE

Skin four ounces of cooked shrimps, cut the tails in small pieces, saute them in butter for two minutes, add one small glass Sauterne wine, and let it simmer for five minutes. Then add one pint of fish sauce, the yolks of two eggs mixed with a little cream, two ounces of butter, the juice of one-half a lemon, chopped parsley, and a tablespoonful of lobster butter. Serve separate, or pour over the fish.

TRIANON SAUCE

Make the sauce like Hollandaise Sauce, but add three or four tablespoonfuls of Madeira wine while beating up the sauce. This must be thicker than the Hollandaise Sauce. The yolks of four eggs instead of three should be used to obtain a more substantial sauce. It may be served with various kinds of meat, such as chops, tournedos, or sweetbreads.

VIN BLANC OR WHITE WINE SAUCE

This sauce is prepared in various ways and goes with fillet of sole, halibut, or almost any white meat fish. Take the liquid in which the fillets of fish have been cooked, and add a small glass of Sauterne wine. When boiling, add a heaping tablespoonful of flour mixed with butter, to thicken this fish stock, then add gradually four ounces of butter, stirring constantly. Add a pinch of Cayenne pepper, a little salt, if necessary, and the juice of a lemon. The yolks of one or two eggs may be added. They will improve the colour of the sauce, but may be omitted.

When Served.

Guests.

Remarks.

ENTREES OF POULTRY

In order to make fancy entrees it is almost always necessary to use chicken forcemeat either for decorating or filling. Here is a plain recipe which any one can make. A mortar with a pestle and a wire sieve is required.

CHICKEN FORCEMEAT

Remove the meat from the breast of a young fowl, weighing about four pounds; use also the meat of the second joint of the legs of the chicken. Have it free from bone, skin, and fat. Chop the meat very fine or grind it through the meat chopper, and then pound it to a pulp in the mortar. When fine and pasty, add the whites of three eggs, one at a time; season with salt, pepper, Cayenne, and nutmeg. Put it on the wire sieve and rub it through with a wooden potato masher. Place on ice in a bowl for an hour. Then work the forcemeat vigorously with a wooden spoon, adding small quantities of thick cream to it until one-half a pint or more is absorbed. Put a small lump of it in boiling water and poach for a few minutes; if it is too solid add more cream; if too delicate (soft) add another white of egg. Keep in a cool place until ready to use.

SUPREME OR BREAST OF CHICKEN WITH TRUFFLES

Raise the breast and wings from a three-pound chicken with the wing bone attached; remove the skin and the epidermis. Take the minion fillet from the breast, and insert into it five slices of truffles cut like thin cock's combs. Cut a gash the whole length of the breast and fill with chicken forcemeat mixed with a little puree of goose liver. Put the minion fillet on top of the filled

When Served.

Guests.

Remarks.

breast and decorate with forcemeat, arranged like a chain of pearls, on each side of the minion fillet. Lay the supremes in a well-buttered flat saute-pan, season with salt and pepper and add a little sherry wine and one-half a gill of chicken stock; cover with a buttered paper and cook for ten or twelve minutes in a moderate oven. When cooked dish up the supremes on pieces of toast cut heart-shape. Add some demi-glace to the liquid in the saute-pan, also twelve slices of truffles, some truffle juice, and a dash of sherry wine. Pour the sauce around the supremes. Stick paper frills on the wing bones and serve.

BREAST OF CHICKEN A LA SAM WARD

Remove the breast of a tender three-pound chicken. Remove the skin. Season the breast with salt and pepper, dip in cream and flour, and then fry slowly for about twelve minutes in a small quantity of clarified butter. Cut six fresh mushrooms in thick slices, boil in one-half a cup of cream for ten minutes or more, then mix a heaping teaspoonful of flour with some butter and stir into the cream to thicken it; let it boil another five minutes, and then season with salt, pepper, and Cayenne. Then add a small piece of butter and one tablespoonful of sherry wine. Put this sauce in the bottom of the dish and the fried breast on top; surround with fancy pieces of toast.

BREAST OF CHICKEN BOMBAY STYLE

Remove the breast of a young chicken from the bone but leave the skin on. Season with salt and pepper, dip in oil, and broil until nearly cooked. Mix a tablespoonful of English mustard and a pinch of Cayenne pepper with a little Worcestershire sauce so as to obtain a paste. Spread this over the breast as thick as the blade of a knife, over which sprinkle cracker crumbs and a little melted butter and cook for five minutes more in the oven. Dish up the breast on pieces of toast cut

When Served.

Guests.

Remarks.

heart-shape, put a piece of broiled bacon on top of each, a large spoonful of fresh boiled rice on each side, and a small quantity of currie sauce around the chicken.

CHICKEN A LA STANLEY

Melt two ounces of butter in a flat stew-pan, add two large sliced onions. Cut a three-pound chicken in eight pieces and put it on top of the onions. Season with salt and pepper. Put the cover on the pan and let it simmer slowly until the onions start to take colour. Then moisten with a pint of white stock, let it boil for twenty minutes, add a cup of thick cream, and boil for ten minutes more. Take the pieces of chicken out of the liquid and dish them up in a deep entree dish. Add to the liquid a heaping tablespoonful of flour, mixed with some butter, boil for a few minutes, and strain the whole through a fine sieve. Put the onions through also. Heat the sauce again and add a small piece of table butter and a pinch of Cayenne; pour over the chicken. Surround it with small pieces of fried bananas.

Cut each banana slantwise in four pieces, dip them in flour, and fry in butter.

CHICKEN A LA CREOLE

Ingredients needed are a young chicken weighing about three pounds, cut in eight pieces; that is, the legs cut in two pieces each, two wings, and the centre of the breast cut crosswise in two. Cut in small cubes one onion, one green pepper, three large fresh mushrooms, two fresh peeled tomatoes. One-half a cupful of raw washed rice, garlic, and one pint brown stock are also needed.

First fry the chicken in olive-oil; when nicely browned add the onion, mushroom, green peppers, and a clove of chopped garlic. Fry for two minutes more, then add the rice, moisten with the stock, add the tomatoes, and salt. Cover the pan and let it simmer for half an hour in the oven. By this time all the liquid should be ab-

When Served.

Guests.

Remarks.

sorbed by the rice and the chicken cooked. Place the pieces of chicken in the centre of a platter and surround with the rice. Pour a little tomato sauce over the chicken, and on this sprinkle a little chopped parsley.

CAPON A LA CHEVALIERE

This is a simplified recipe taken from the original.

Singe and clean a small capon, cut off the legs, and raise the breast off the bone without taking the skin off. Lard with fine strips of salt pork. Bone the legs. Make a stuffing with half a pound of sausage meat, a cup of fresh bread crumbs, one egg, a tablespoonful of chopped truffles, salt, pepper, nutmeg, one tablespoonful of chopped parsley and chives. Spread this forcemeat over the boneless legs, roll them up, and sew them up so as to obtain the shape of a tiny ham. Put the legs and the breast in a flat saucepan with a "mirpoix," cook them slowly in the oven for half an hour, add a glass of sherry wine, and one-half a pint of brown stock, and glace them, basting them with the liquid until the meat is of a nice golden colour, and the liquid is reduced to about one-half a gill. When ready to serve, cut the breast slantwise, into eight slices. Dish up on a heart-shaped thick piece of toast. Cut the legs the same way and place near the breast. Garnish with a ragout of mushrooms, truffles, small slices of sweetbread, and chicken forcemeat balls (made of chicken farce). Strain over the meat the glace in which the chicken was cooked and surround it with fleurons.

Fleurons are half-moon shaped pieces of baked puff-paste.

SQUAB EN CASSEROLE

Clean, singe, and dress three squabs, put them in an earthen casserole with a small piece of butter, salt and pepper them, and roast in the oven for about twelve minutes, so as to obtain a nice golden colour. Add one

When Served.

Guests.

Remarks.

small onion, two fresh mushrooms, and two ounces of lean bacon, all cut in small cubes, and cook together for another ten minutes in the casserole. Sprinkle a teaspoonful of flour over them, and moisten with a cup of gravy or brown stock and three tablespoonfuls of sherry wine; put the cover on and let it simmer for ten minutes more. When the squabs are cooked the sauce should have boiled down so that there is just enough for the diners.

Tie a napkin around the casserole and serve.

DUCKLING A LA PORTUGAISE

Roast a duckling; when partly cooled off, cut in pieces. Cut up the carcass in small pieces, fry with a small "mirpoix," add a gill of claret wine, the juice of an orange, and a pint of Espagnole Sauce. Cook for fifteen minutes. Then strain into a saucepan, add the pieces of duckling, and heat well. Chop the peel of a quarter of an orange fine. Cut the heart of the orange in quarters and heat it in a little sherry wine. When ready to serve, put the pieces of duckling in a deep entree dish, surround with the quarters of orange, pour over the sauce, and at last sprinkle the chopped peel of the orange over the whole.

GOOSE A LA CHIPOLATA

If you have a part of a roast goose (say half) left from a previous meal, cut it in pieces. Chop up the carcass and fry it, with pieces of carrots, onions, and spices. Moisten it with a gill of Madeira wine and a pint of brown sauce. Boil for fifteen minutes. Strain the sauce into a saucepan and heat the pieces of goose in it. Fry ten small sausages each one and one-half inches long. Glace twelve small onions in butter and brown stock. Cook twelve whole, skinned chestnuts in one-half a pint of consomme until tender and until the liquid is entirely boiled down. Fry ten small fresh mushroom heads. Place the pieces of goose in a deep entree dish,

When Served.

Guests.

Remarks.

put the four prepared garnishings in " bouquets " around it, and pour the sauce over the meat. Sprinkle chopped parsley on top, and surround it with eight small heart-shaped slices of bread previously fried in butter.

GUINEA HEN A LA SOUBISE

Singe, clean, and dress a guinea hen, cover it with a large thin slice of fat salt pork, and roast it in a moderate oven, colourless, for ten minutes. Slice two large onions and fry them with two ounces of butter in a saucepan without attaining colour. Put the partly roasted guinea hen with them. Moisten it with a pint of chicken stock, put the cover on the pan, and cook in the oven for twenty minutes or until done. Take the hen out and add to the now cooked onions a heaping tablespoonful of flour, mixed with an ounce of butter, also one-half a cup of thick cream. Boil for five minutes more, then rub through a sieve. Cut the guinea hen in pieces, heat the sauce well, season to taste, and pour over the fowl.

BREAST OF GUINEA HEN SOUVERAINE

Raise the fillets or breast of a guinea hen from the breast bone, remove the skin, and cover with a layer of chicken forcemeat (thickness of the blade of a knife). Cover one-third of the breast with finely chopped truffles, one-third with chopped ham, and one-third with skinned and chopped pistachio nuts. Put the breast in a well-buttered flat saute pan, put a buttered paper on top, add two tablespoonfuls of sherry wine and three of gravy or rich stock. Put the pan in a moderate oven and cook slowly for fifteen minutes, basting them over occasionally. Cut two slices of toast heart-shaped, and place the breast on top of the toast. Add one gill of demi-glace to the liquid left in the saute pan, give it one boil, and pour over the breast. Put a paper frill on the wing bone and serve. A garnishing of green peas or asparagus tips may be served with it.

When Served.

Guests.

Remarks.

TIMBALES OF CHICKEN

Butter well a few timbale moulds about two inches high by one and one-half to two inches wide, and decorate them with pieces of truffles, cut in fancy shapes, such as diamonds, crescents, and stars. Fill three-quarters of the mould with chicken forcemeat, then put a ball of chicken croquette preparation in the centre, being careful that it shall not touch the sides or bottom of the mould. Put some more forcemeat on top so as to have the mould full. Stand in a saucepan of boiling water, which will reach half-way up the moulds. Put the cover on and poach them slowly for about fifteen minutes in the oven, to get solid. Take them out and let them rest for two minutes, to settle; turn them on to a platter carefully and then remove the moulds. Pour some Veloute Sauce around them, or put some fresh mushrooms in cream in the centre.

When Served.

Guests.

Remarks.

ENTREES OF GAME

BRAISED QUAIL, CELERY SAUCE

Clean and prepare three quails for roasting. Put a thin slice of salt fat pork on each. Roast them for five minutes, then put into a saucepan with one-half a pint of white stock and a cup of white tender celery, cut in small pieces. Add a little salt, put on the cover, and cook for twenty-five minutes. Put the quails on a dish. Thicken the liquid with a little flour mixed with butter, add one-fourth of a cup of cream and a pinch of Cayenne pepper; cook for a few minutes more and pour over the quails. Surround them with a few heart-shaped pieces of toast.

PARTRIDGE WITH SAVOY CABBAGE

Cut a Savoy cabbage in four pieces, remove the outside leaves and stalk, parboil in salt water for twenty minutes, drain well, and chop coarsely. Roast a partridge for ten minutes. Put it into a saucepan with the cabbage, add four slices of bacon, a young carrot, an onion, and a pint of white stock; season with salt and pepper. Put on the cover, and cook the whole in a hot oven for half an hour. Take out the partridge, remove the legs, and cut the breast lengthwise in four pieces. Put in an entree dish, and surround with the braised cabbage. Cut the carrot in small pieces, also the slices of bacon, and use them as a garnishing for the cabbage. Pour over the bird a little brown sauce with sherry wine in it.

SALMI OF GROUSE WITH TRUFFLES

Clean and roast a grouse for twenty minutes, so as to have it a little rare. Remove the legs, and cut the breast in four pieces. Chop the carcass in small pieces and fry

When Served.

Guests.

Remarks.

with a " mirpoix " for a few minutes; add a glass of claret wine, and let it boil to half the quantity. Then add one-half a pint of brown sauce, cook for a few minutes more, and strain through a fine sieve. Heat the sauce, add the pieces of grouse, twelve slices of truffles, and a tablespoonful of the truffle juice, and let it simmer for a few minutes. Then dish it up, pour the truffle sauce over it, and surround with heart-shaped pieces of bread, previously fried in butter.

VENISON CHOPS, PORT WINE SAUCE

Cut as many chops from a saddle of venison as required. Season with salt and pepper, dip in oil, and broil until done rare. Dish up on a platter and pour port wine sauce over it. Serve with griddled sweet potatoes.

GRENADINS OF VENISON A LA CUMBERLAND

Cut small chops from the loin part of a saddle of venison, remove all the bones and skin. Lard these pieces with very thin strips of salt pork. Season with salt and pepper, " saute " them in hot butter for a few minutes to keep them rare; dish them up in the shape of a crown, and fill the centre of the crown with small round croquettes made of sweet potatoes. Pour Sauce Cumberland over the grenadins, and serve.

CIVET OF RABBIT

Skin and wash a rabbit, cut in pieces, season with salt and pepper. Fry in butter to a golden colour, then sprinkle over them two heaping tablespoonfuls of flour and cook for a few minutes more to brown the flour. Add one-half a pint of claret wine and a pint of brown stock. Stir it well to obtain a smooth sauce. Add a bunch of parsley, a bay leaf, three cloves, and a clove of garlic, all tied together with a string (called a bouquet, which is taken out before serving), also ten very small onions previously fried in butter, twelve mushroom heads,

When Served.

Guests.

Remarks.

and twelve small pieces of bacon cut in cubes, parboiled and fried. Let all simmer together for an hour, or until the meat is tender. Serve in a deep entree dish and surround with heart-shaped croutons fried in butter.

When Served.

Guests.

Remarks.

ENTREES OF LAMB AND MUTTON

LAMB CHOPS A LA FAVORITE

Broil six well-trimmed lamb chops. Put them in a dish. Cover each chop with a thin slice of beef tongue, cut heart-shaped and heated in some stock or gravy. On top of this put a teaspoonful of very thick Bearnaise Sauce and a round slice of truffle on the Bearnaise. These three colours make a pretty effect. Put a bouquet of mixed vegetables (macedoine) in the centre, stick a paper frill on the bone of each chop, and pour some gravy in the bottom of the dish.

NOISETTE OF LAMB A LA ROBINSON

Cut four chops from a loin of lamb; trim well, leaving only a small piece of fat at the end of each. Broil, and dish each up on a round piece of toast. Slice five or six chicken livers, also two good-sized fresh mushrooms, season with salt and pepper, and fry together in butter for a few minutes. While frying, add a teaspoonful of finely chopped onions, then two tablespoonfuls of sherry wine, and a small cup of brown sauce. Cook for four minutes, add the juice of one-half a lemon, some chopped parsley, and pour over the noisettes.

MINIONS OF LAMB, ANDALOUSE

Cut from the best part of a leg of lamb small steaks, and trim in round pieces (called minions). Saute in butter until cooked, dish them up on round pieces of toast, and cover them with a Sauce Trianon. Put a slice of truffle on each. Have some cooked spaghetti cut in pieces an inch and a half long, cook for a few minutes in a very thick tomato sauce, add a little grated Parmesan cheese, season well, and surround the minions with this garnishing.

When Served.

Guests.

Remarks.

MUTTON CHOPS DEVILLED ENGLISH STYLE

Broil four well-trimmed mutton chops until nearly done. Mix two tablespoonfuls of mustard and a pinch of Cayenne with enough Worcestershire sauce to obtain a paste. Cover the chops with this preparation on both sides, dip them in fine bread crumbs, then in melted butter, and brown in the oven. Put the chops on top of a layer of mashed potatoes in the platter, add two thin slices of broiled bacon on each chop. Pour a little devilled sauce over the whole.

LOIN OF MUTTON WITH TURNIPS

Trim and bone a loin of mutton, make a roll of it, tying it up with string. Roast for twenty minutes; have it nicely coloured. Pour off the grease, sprinkle a tablespoonful of flour over the loin and brown it a little in the pan. Then add one pint of brown stock or light gravy and two cupfuls of young turnips (shape of a walnut, previously parboiled and sauted in butter). Cover the pan and cook for one-half an hour. Take the loin out, slice in pieces, and skim the fat off the sauce. Arrange the turnips on each side of the loin and pour the sauce over the meat.

When Served.

Guests.

Remarks.

ENTREES OF VEAL

SWEETBREAD BRAISED WITH ASPARAGUS TIPS

Trim two pairs of sweetbreads, parboil them in water for a few minutes, cool them in cold water, and lard with thin strips of salt pork. Butter a flat saute-pan, put a few slices of onions and carrots in the bottom of the pan, also two slices of lean ham, a bay leaf, and peppercorns. Put the sweetbreads on top, put on the cover, and cook on the stove until the vegetables take colour. Drain off the butter. Add to the sweetbreads a small glass of sherry wine, a cup of brown stock, and a gill of brown sauce. Cook slowly in the oven for twenty-five minutes, basting frequently with the liquid so as to have them nicely glaced. Dish up on round pieces of toast, strain the sauce over it, and garnish with asparagus tips. Cover the asparagus tips with a little Hollandaise Sauce.

SWEETBREAD POMPADOUR

First select four small sweetbreads for this dish, or cut large ones in two pieces. Trim, parboil, lard, and cook just like previous recipe.

Second, cut one parboiled sweetbread into small cubes, also two fresh mushrooms, one truffle, and one-fourth of a breast of a cooked fowl. Put this into a saucepan with a piece of butter half the size of an egg; toss it over a brisk fire for two minutes, then add one-half a cup of cream and let it cook for ten minutes. Now thicken with a little flour mixed with butter; add one tablespoonful of Madeira wine and season to taste. Have four French artichokes, about two inches in diameter; cut the bottom part of them with a two inch scalloped cutter. When ready to serve put the prepared filling in china cases or small metal saucepans, about half full, then the

When Served. **Guests.** **Remarks.**

heated artichoke-bottoms on top, and lastly the glaced sweetbreads. Pour over it a little of the gravy in which the sweetbreads were cooked.

SWEETBREAD EUGENIE

Metal or fireproof dishes with glass covers are required for this recipe. Parboil and cook four small sweetbreads as for Sweetbread Braised, but have them less cooked. Butter four of the above-mentioned dishes, put a small round piece of crisp toast in each, place eight small heads (peeled) of fresh mushrooms on the toast, leaving the centre free. Season with salt and pepper, and pour a quarter of a cup of cream over the mushrooms. Place the partly cooked sweetbreads in the centre, cover, and cook slowly, on top of the range, for twelve or fifteen minutes without removing the cover. Serve while boiling hot, placing the dish on a dinner plate on which a small napkin has been placed.

PAPRIKA "SCHNITZEL" OF VEAL

Fry a finely cut onion in butter. When nicely browned add a heaping teaspoonful of paprika and a tablespoonful of flour; cook for two minutes and then moisten with a cup of brown stock. Add a tablespoonful of capers, the juice of one-half a lemon, and a small piece of the rind; boil for five minutes and then strain. Add a little meat extract if desired. Cut four slices of veal from the loin or leg, one-half an inch thick, free from bones and gristle, season with salt and pepper, dip in flour, and fry slowly in butter to a golden colour. Dish up on a platter, pour the prepared paprika sauce over it and garnish with boiled rice, well drained.

VEAL CHOPS LARDED AND GLACED

Lard with small strips of salt pork four well-trimmed veal chops, rib preferred. Season with salt and pepper and fry on both sides in butter. Add a few thin slices of carrots and onions. When nicely browned drain off

When Served.

Guests.

Remarks.

the butter, add a small glass of Sauterne wine to the veal, and a cup of brown stock or light gravy. Have the larded side up and cook for fifteen minutes in the oven, basting it over with the liquid frequently to obtain a nice glaced surface. Dish them up and strain the remaining gravy over them.

CALF'S BRAIN WITH BROWNED BUTTER

Remove the fine skin from the calf's brain and rinse the latter in water. Boil the brain in water, adding salt, the juice of a lemon, a few slices of carrots and one-half a bay leaf. Boil for ten minutes. Take out carefully with a skimmer, split in two and put it on a dish. Heat two ounces of butter until it turns dark brown, then add a dash of tarragon vinegar and pour over the brain. Sprinkle chopped parsley over it.

CALF'S HEAD A LA POULETTE

Have a scalded and cleaned calf's head cut in two; remove the brain and tongue. Wash the head well and soak for a few hours in water, then parboil and wash off the scum. Put it into a saucepan with water into which a handful of flour has been mixed, and add the juice of two lemons and a vegetable garnishing. Boil until tender, cut in pieces, dish up in a deep entree dish, and pour a Sauce Poulette over it; then add the cooked brain and the calf's tongue sliced. Surround with small pieces of toast.

When Served.

Guests.

Remarks.

ENTREES OF BEEF

TENDERLOIN STEAK MIRABEAU

Broil two tenderloin steaks, each about one and one-half inches thick; keep them rare. Have some salt anchovies cut in long strips, put them lengthwise and crosswise over the steaks; place a piece of an olive, cut in the shape of a ring, in each little square formed by the anchovies. Put the steaks on a platter, and keep them warm. Heat half a pint of brown sauce, add a little sherry wine, the juice of one-half a lemon, and one ounce of butter. Stir until the butter is melted, and then pour over the tenderloin steaks.

TOURNEDOS OF FILLET OF BEEF CHERON

Cut four small steaks, about an inch thick, from a well-trimmed tenderloin. Season with salt and pepper, dip in oil, and broil. Have ready four French artichokes, the bottoms filled with mixed vegetables (Macedoine), also some Bearnaise Sauce. When ready to serve put the tournedos on round pieces of toast, cover the meat with the Bearnaise Sauce, place a slice of truffle on each, and then put the four filled artichokes opposite the tournedos. Put a few tablespoonfuls of gravy in the platter.

MINION FILLET OF BEEF "LOUIS"

Broil four small round tenderloins, each an inch thick and two and one-half inches in diameter. Put them on round pieces of toast which have been previously covered with thin slices of goose liver pate. Brush melted meat extract over the minion fillets. Have twelve pieces of red pimento and twelve of green peppers cut in diamond shape, the green ones to be cooked in butter. Place three of each on the fillets, alternating so as to form a

When Served.

Guests.

Remarks.

star. Place a small cooked mushroom head on the star and pour a light Bearnaise " Tomatee " around the minions.

To make Bearnaise " Tomatee," add two tablespoonfuls of thick puree of tomatoes to one-half a cup of Bearnaise Sauce.

MEDAILLON OF BEEF A LA BERTRAND

Cut four small round tenderloin steaks about an inch thick, and trim so as to have them about two and one-half inches in diameter. Broil rare. Put them on round pieces of toast of the same size. Put a round slice of eggplant fried in butter on top of the medaillons, a large slice of parboiled marrow on beef on the eggplant, and a slice of truffle on the marrow. Cover the whole with a Sauce Bordelaise.

BEEF TONGUE BRAISED A LA ROMAINE

Dip a fresh beef tongue in boiling water for one-half a minute, then scrape off the skin with a knife. Parboil the tongue in water for an hour. Put the parboiled tongue in a saucepan with some butter, brown it slightly, add an onion and a carrot sliced, and a few herbs aromatic. Moisten it with a gill of white wine, a quart of brown stock, and a cup of brown sauce; add two tomatoes cut in pieces. Put the cover on and let the tongue simmer in the oven for two hours, turning it occasionally. After that time the liquid should be reduced to the consistency of an ordinary brown sauce. Take the tongue out and slice it. Put on a platter as if it were whole. Strain the sauce, take off the fat. Have ready three tablespoonfuls of seedless raisins, three of Sultana raisins, and three of blanched and skinned almonds cut in strips, parboiled in a gill of Marsala wine. Add this to the sauce and pour over the tongue.

When Served.

Guests.

Remarks.

MISCELLANEOUS ENTREES

VOL-AU-VENT A LA TOULOUSE

Have ready and hot a vol-au-vent made of puff-paste holding about a quart of filling. Cut in small slices one pair of parboiled sweetbreads, the breast of one-half a cooked fowl, eight fresh peeled mushrooms, and saute them in butter for a few minutes. Then moisten them with a small glass of sherry wine, cook for ten minutes, and add one pint of Veloute Sauce; let it simmer for some time; then add two truffles sliced, twenty-four chicken forcemeat balls, and twelve cocks' combs. Mix half a cup of cream with the yolks of two eggs, stir into the ragout, also two ounces of fresh butter; shake the whole well in the saucepan so the yolks of the eggs will thicken the sauce. Then fill it into the vol-au-vent. Vol-au-vent may be bought at any bakers.

Cocks' combs ready for use may be bought in small glass jars at any first-class grocery.

TIMBALE PARISIENNE

Cook a pound of French macaroni in water until soft. It is more solid than the Italian macaroni and better answers the purpose. Drain without rinsing. Cut into small pieces about one-third of an inch long. Butter a quart timbale mould very thick and garnish with a few details of truffles in the bottom and on the sides. Line the whole mould with the pieces of macaroni, placing them in such a way that the opening of one end is against the sides of the mould, so as to make it look like a honeycomb when it is turned out. Line the inside with chicken forcemeat to hold the macaroni in place; fill the centre with a Toulouse as in the previous recipe, cover the whole with chicken farce, and steam in a covered saucepan for thirty minutes. When cooked let the timbale rest

When Served.

Guests.

Remarks.

for a few minutes, then turn it out on a platter very carefully. Serve a Sauce Allemand around it.

PIGEON PIE

Cut three young pigeons (squabs) each in two pieces. Saute with six thin slices of tenderloin in hot butter for three minutes to have them slightly browned. Arrange them in a pie-dish, alternating with slices of lean bacon. Cut two hard-boiled eggs in pieces and sprinkle them over it, also a small finely chopped onion and some chopped parsley. Season with salt and pepper, and pour over it a pint of brown sauce and light gravy mixed. Cover the whole with a cover of puff-paste and bake in a moderate oven for half an hour.

MOUSSE OF VIRGINIA HAM

Pound to a pulp half a pound of cooked Virginia ham, free from gristle and fat, add two whole eggs and one gill of cold cream sauce. Rub the whole through a sieve, place in a bowl, and add to it one-third as much chicken forcemeat. Mix well together with a wooden spoon, working it vigorously and adding half a cup of thick cream. Have some small tin moulds well buttered and sprinkled with finely chopped red ham. Fill the preparation into the moulds, steam in a covered saucepan, turn out carefully on a platter, and surround them with a demi-glace flavoured with Madeira wine.

MUSHROOM UNDER GLASS

Butter well a round metal baking-dish, and put in it a crisp round piece of toast. Place ten medium-sized mushrooms on top and add a tablespoonful of maitre d'hotel butter. Season with salt and pepper and a pinch of Cayenne; add a dash of sherry wine and half a cup of cream to each dish. Put the glass cover on and cook for fifteen or twenty minutes on top of the range without removing the cover. Place the dish on a dinner plate with a napkin on it and serve very hot.

When Served.

Guests.

Remarks.

CROQUETTES OF CHICKEN

Cut into small dice the meat of a cooked fowl, free from skin and gristle. Chop fine a small can of mushrooms, two truffles, and a small onion. Fry the onion in two ounces of butter, add two tablespoonfuls of flour, moisten it with a pint of chicken stock in which the fowl was cooked, then add some of the juice of the canned mushrooms and cook together to obtain a thick sauce. Put in the chicken, mushrooms, and truffle, and let it simmer for a few minutes; then add the yolks of three eggs mixed with one-half a gill of cream, salt, pepper, nutmeg, and a teaspoonful of chopped parsley, and after two minutes' more cooking remove from the fire and spread on a large platter to cool off. When cold form croquettes of it, pyramid shape, roll in flour, egg, and bread-crumbs, and fry in deep fat to a nice golden colour. Serve on a napkin, or with some garnishing of vegetables like peas or asparagus tips.

This recipe should make from twelve to fifteen croquettes.

CROQUETTES OF SWEETBREAD

Cook three pairs of parboiled sweetbreads in chicken stock for twenty-five minutes, take them out of the liquid to cool off; then cut them into small dice and prepare the same way as for the previous recipe, using the stock in which the sweetbreads were cooked for the sauce. Fresh mushrooms may be used in place of canned. Make the croquettes cutlet shape or a flat oblong.

EPIGRAMMES OF SWEETBREAD

Split in two, two pairs of medium-sized parboiled sweetbreads, so as to obtain eight pieces; trim them to a flat oblong shape. Fry in butter on both sides for five minutes. Cool them off. Chop finely three medium-sized fresh mushrooms, previously cooked, also a truffle. Put them in one pint of Allemande Sauce, add two tablespoonfuls of sherry wine, and reduce the sauce on the fire to more than ordinary thickness. When cold wrap

When Served.

Guests.

Remarks.

it around the pieces of sweetbread, dip them in flour, egg, and bread crumbs, and fry in deep fat. Drain well. Serve with mushroom sauce or a garnishing of vegetables.

TERRAPIN MARYLAND

Dip a live diamond-back terrapin in boiling water and with a coarse towel remove the fine skin from the limbs, head, and neck. Put the terrapin in a saucepan with water and salt and boil until tender; about thirty or forty minutes is required for a young one. After it is cold, break the shell, remove all the meat, and separate the gall from the liver. Cut the meat into pieces, also the liver, and free the terrapin eggs from the dark skin surrounding them. Put all into a saucepan with a glass of sherry wine and one-half a pint of strong chicken stock; garnish with a small onion, one-half a small carrot, and a bouquet of parsley. Boil for fifteen minutes and then remove the garnishing. Add to the now reduced liquid a gill of cream sauce. Mix the yolks of three eggs with a gill of cream, stir into the sauce and let it thicken, add two ounces of butter, a little more sherry wine, and a dash of brandy. Season with salt and Cayenne and add the juice of one-half a lemon. Then remove from the fire. Be careful that the sauce does not curdle. Serve in a covered deep entree dish or in a blazer. Serve toast separate.

TURTLE MEAT OR FINS A LA NEWBURG

Put about ten pieces of cooked green turtle meat or fins (each two inches square) in a saucepan with some of the liquid. Boil and add one-half a cup of cream and a small glass of Madeira wine. Stir in the yolks of three eggs mixed with a gill of thick cream, shaking the saucepan all the time, so it will mix well and thicken the sauce. Add one ounce of butter and a dash of brandy. Season with salt and Cayenne pepper and serve in a covered entree dish. Serve toast separate.

When Served.

Guests.

Remarks.

ROAST, JOINTS OR GROSSES PIECES

ROAST SIRLOIN OF BEEF, ENGLISH STYLE

Take the best part of the sirloin with the tenderloin in it. Tie a string around it, so that the flank will partly cover the fillet. Roast in a moderate oven until cooked rare. It will take about two hours or more to cook. When more than half-cooked put into the same pan raw peeled potatoes, the size of a large egg, and roast them with the meat.

RIB OF BEEF AND TIP OF THE SIRLOIN

A piece of three or four ribs of beef, or two or three ribs of the loin of beef, called the tip, may be obtained ready trimmed to roast from the butcher. Cook in the same way as for the previous recipe. Serve with horseradish sauce.

To make the horseradish sauce, grate a root of peeled fresh horseradish, put into a small bowl, add a pinch of salt and a pinch of sugar and enough thick cream to obtain a thick sauce. Serve separate in a sauce boat.

TENDERLOIN OF BEEF A LA PORTUGAISE

Trim and lard with small strips of fat pork a fillet or tenderloin of beef. Roast for about forty minutes with slices of carrots and onions, a few small pieces of lean ham, and herbs and butter. Baste it over occasionally while roasting. Dish up on a platter; drain off the butter from the roasting-pan, add a glass of sherry wine, one-half a cup of gravy, and one-half a cup of brown sauce. Let it come to a boil and strain over the tenderloin. Surround with stuffed tomatoes.

BRAISED RUMP OF BEEF WITH MACARONI

In a heavy copper saucepan roast a piece of rump of beef weighing six or seven pounds until nicely coloured

When Served. Guests. Remarks.

on all sides, adding a carrot and an onion, herbs, a bay leaf and a parsley bouquet, and two tomatoes cut up. Then moisten with a pint of Sauterne wine and one quart of stock and one cup of brown sauce. Put on the cover, which should close hermetically, put the saucepan in the oven, and let the meat cook slowly for two hours, turning occasionally. Take the meat out and slice; strain the sauce and skim off all the fat, and then pour over the sliced rump. Garnish with macaroni with cream sauce.

BRISKET OF CORNED BEEF WITH VEGETABLES

A piece of fancy brisket of corned or saltpetred beef, say five or six pounds, should be cooked in plenty of water until tender, with two carrots, two onions, one-half a head of cabbage, two turnips, and two stalks of celery. Dish up the beef on a platter, cut the vegetables coarsely, and put around the beef. Serve horseradish with it.

SADDLE OF MUTTON

Roast a well-trimmed saddle of mutton from fifty to sixty minutes. Slice lengthwise and serve with currant jelly and gravy.

BOILED LEG OF MUTTON, CAPER SAUCE

It takes about two hours to boil a leg of mutton. Put salt and vegetable garnishing in the water. Serve mashed turnips with it, and caper sauce separate.

ROAST HINDQUARTER OF SPRING LAMB

Cover the loin part with slices of lamb fat, so that this part will not be too well done when the hindquarter is cooked. Serve mint sauce separate.

ROAST RACK OF LAMB

Use the ribs of the lamb only and serve with mint sauce.

When Served.

Guests.

Remarks.

ROAST TURKEY STUFFED

Stuff the turkey with any of the many dressings known. Cover the breast with thin slices of salt pork, which will prevent the meat of the breast getting too dry. Serve cranberry sauce with it.

CAPON A LA PENNINGTON

Cook a quart of peeled chestnuts in chicken stock with three finely chopped and fried shallot onions. Pound this to a pulp, add one-fourth of a pound of grated fat salt pork and three finely chopped truffles. Stuff the capon with the dressing while it is hot, and let it rest overnight so the flavour will penetrate into the meat.

ROAST GOOSE, GOOSEBERRY SAUCE

Stuff a young goose with any dressing desired. Chestnut or apple dressing is very palatable. Serve gooseberry sauce with it.

Green gooseberries are cooked with sugar and very little water. Serve cold.

ROAST YOUNG DUCKLING

It requires about an hour to roast a young duckling; may be stuffed or plain roast. Serve apple sauce with it.

ROAST CHICKEN, GIBLET SAUCE

Roast the chicken the ordinary way. Prepare a thick gravy. Boil the gizzard, heart, and liver in water with salt and an onion. When well cooked, chop fine, and add to the thick gravy.

ROAST SADDLE OF VENISON

Roast the saddle as it is, or take off the skin over the meat and lard with strips of fat salt pork, but keep it rare. Serve currant jelly with it, together with some gravy made in the pan in which the saddle was cooked.

When Served.

Guests.

Remarks.

ROAST HAM WITH SPINACH

Boil a soaked ham until tender, remove the skin, sprinkle sugar over it, and brown in the oven. Serve a puree of spinach with it.

ROAST LOIN OF VEAL WITH KIDNEY

Bone a loin of veal, season with salt and pepper, and make a roll in such a manner that the veal kidney cut lengthwise in two will be in the centre of the roll. Tie up with a string. Roast with a " mirpoix " of vegetables and prepare a gravy in the pan in which the loin was roasted.

When Served.

Guests.

Remarks.

GAME

Wild ducks should be cooked rare. Very few people like them well done. It takes from fifteen to twenty minutes' cooking for the large ducks, according to size. After they are cleaned a few pieces of celery put inside the ducks will improve the flavour of the meat. Fried hominy and currant jelly are generally served with all of them. When the breast has been carved, the carcass should be put in a meat press and all the blood squeezed out of it and served as gravy. The legs are seldom used. Wild ducks may be split and broiled and served on toast instead of roasted.

CANVASBACK DUCK

REDHEAD DUCK

RUDDY OR BUTTERBALL DUCK

These three kinds are considered the best. They feed on wild celery and similar plants, and have no fishy flavour. The ruddy duck is much smaller than the others and requires only ten minutes' cooking.

MALLARD DUCK

BLACKHEAD DUCK

WIDGEON

TEAL DUCK

BRANT DUCK

These are all to be cooked rare, and served with fried hominy and currant or barberry jelly.

PLOVERS

The following are several varieties of these birds, but all are treated the same way, roasted or broiled, and served on toast with some fresh watercress: English

When Served.

Guests.

Remarks.

Plovers, Golden Plovers, Upland Plovers, Beetlehead Plovers, Yellow Leg Plovers.

WOODCOCK ROAST OR BROILED ON CANAPES

Clean the woodcock, remove the gizzard, chop the intestines and the same quantity of chicken liver fine, add chopped parsley, salt, and pepper. Spread it on toast and bake in a moderate oven for two minutes. Cook the woodcock about seven minutes in a moderate oven, then place on the canape, pouring a very little gravy over it.

SNIPE

This bird may be treated the same as woodcock.

DOE BIRDS

Roast or broiled.

RICE BIRDS

REED BIRDS

SNOW BIRDS

Put three or four on a metal skewer, alternating them with small, thin slices of fat salt pork or bacon. Roast quickly and serve on toast.

QUAIL

PARTRIDGE

PHEASANT

All are cooked well done and served with bread sauce.

When Served.

Guests.

Remarks.

VEGETABLES

That may be served as entrees or separate courses

CELERY AU JUS

Clean and peel four stalks of celery, each about four inches long. Split each in two or four pieces, cook in water until tender, and then drain. Heat one-half a cup of gravy and one-half a cup of brown sauce, add the juice of one-half a lemon and an ounce of butter, season with salt and pepper. Put the celery into this sauce and let it simmer for ten minutes. Arrange the pieces nicely in a dish and pour the sauce over them.

CELERY VELOUTE

Prepare the celery as for previous recipe, but put it into a pint of veloute sauce instead of brown sauce.

ARTICHOKES BOILED, HOLLANDAISE SAUCE

Trim the leaves and stalks from the bottoms of some French artichokes, cut off also the points of the leaves on the pointed ends. Cook in salt water with the juice of two lemons until tender; it will take about an hour. Drain off the water and serve on folded napkin. Serve Hollandaise sauce separate.

ARTICHOKE FARCI A LA BARIGOULE

Boil some artichokes, prepared as in previous recipe, for half an hour in salt water, but cut one-third of the pointed ends off. Drain well; empty out the inside (called the choke), fill the empty space as for stuffed tomatoes, adding to the filling some chopped, cooked sweetbreads. Place a thin round piece of fat salt pork on top of the filling. Put the artichokes in a buttered saucepan, and add a little claret wine and one-half a pint of brown stock. Put on the cover, and cook for

When Served.

Guests.

Remarks.

half an hour in a moderate oven. Place the artichokes on a platter, boil down the stock in which they were cooked to one-half a gill, add a little brown sauce and one ounce of butter. Pour over the artichokes.

BAKED CAULIFLOWER

Remove the hard parts of a cauliflower, and divide the rest into small flowerets; cook in salt water until tender, drain well. Arrange them in a baking-dish, sprinkle grated Parmesan cheese over them, and then cover with a thick cream sauce. Sprinkle a few fresh bread crumbs and plenty of grated Parmesan cheese over it; then pour over all some butter and bake to a nice golden colour.

CEPES PROVENCAL

Slice some cepes into thick pieces, and fry in olive-oil with a chopped shallot onion and a crushed clove of garlic. Add a little Sauterne wine and some tomato sauce. Put into a deep dish, sprinkle chopped parsley over it, and surround with small pieces of toast.

MUSHROOMS BOURGEOISE

Peel twelve fresh mushrooms, leaving on part of the stems; arrange in a baking-dish, with stems up. Sprinkle salt and pepper over them, also the juice of one-half a lemon and two ounces of melted butter. Bake in a moderate oven for fifteen minutes, and serve in the same dish. Toast separate.

STUFFED TOMATOES

Chop fine one onion, one green pepper, four fresh mushrooms, and four ounces of cooked ham. Fry the first three articles in butter until cooked, add the ham and two peeled tomatoes chopped fine. Boil for a few minutes, then add one-half a cup of fresh bread crumbs, the yolks of three eggs, one tablespoonful of chopped parsley, chives, and some nutmeg. Cut the tops off six medium-sized tomatoes and scoop out part of the inside; fill the tomatoes with this preparation, sprinkle bread crumbs

When Served.

Guests.

Remarks.

and butter on top, and bake for twelve minutes. Serve with some tomato sauce in the dish.

STUFFED GREEN PEPPERS

Cut the tops off six medium-sized green peppers and remove the stalks and seeds; parboil for five minutes and drain. Fill the peppers with the same preparation as for tomatoes. Sprinkle bread crumbs and butter on top; bake for twelve or fifteen minutes. Put some demi-glace in the bottom of the dish and place the peppers on top.

TOMATOES AND EGGPLANT A LA GRECQUE

Take eight slices of an eggplant, trim them round to three inches in diameter, dip in milk and flour, and fry in butter on both sides for five minutes. Cut in two four peeled tomatoes crosswise, arrange in a baking-dish, alternating with slices of the fried eggplant. Season with salt and pepper, strew with chopped parsley and chives, sprinkle with plenty of bread crumbs and melted butter and very little grated Parmesan cheese. Bake for fifteen minutes in the oven.

FRIED OYSTER PLANT

Clean a bunch of oyster plant or salsify. Split them lengthwise and cut into pieces three inches long. Boil until tender in salted water in which a tablespoonful of flour and the juice of a lemon has been mixed. Drain well, sprinkle with salt, pepper, and chopped parsley; dip in a frying batter and fry in deep fat to a golden colour. Pile up the pieces on a folded napkin and surround with fried parsley.

To make the frying batter, put one-half a pound of sifted flour into a bowl, add a teaspoonful of baking powder, two tablespoonfuls of oil, a pinch of salt, one egg, and the yolk of one egg. Dilute with three gills of tepid water to obtain a batter thick enough to cover the articles intended for frying.

When Served.

Guests.

Remarks.

HOW DIFFERENT SALADS ARE PREPARED AND SERVED

First of all the materials should be secured fresh, and then they must be well cleaned and the water removed as much as possible. The salads should be made immediately before the meal and kept cool until wanted.

A garlic flavour is healthful, and if there is no objection a slight rubbing of the salad bowl with a clove of garlic will improve the flavour of the salad. Chopped fresh tarragon, chervils, or chives also help to give a fine taste to the salads, and the yolk of an egg will give a good body to them.

To make salad dressing good oil and vinegar are necessary; olive oil and red-wine vinegar are to be preferred. If you cannot get red wine vinegar, a wineglassful of red wine added to a quart of dressing which was made of white wine or cider vinegar will answer the purpose. If you have no vinegar, the juice of two lemons added to one-half a glass of red wine may be substituted. If the oil gets cloudy add a teaspoonful of salt to a quart, and it will clear within twenty-four hours.

HOME-MADE FRENCH DRESSING

To make one quart, take a teaspoonful of salt, one-half a teaspoonful of white pepper, one-quarter of a teaspoonful of English mustard, one-quarter of a teaspoonful of paprika, one-third of a quart of vinegar, shake well, and make up the balance of the quart with olive-oil. This dressing well corked will keep for ever. Shake the bottle before using.

When Served. Guests. Remarks.

SALADS

ASPARAGUS SALAD

Cut the tender parts of asparagus into pieces of equal length and tie them in bunches. Cook in salted water and then leave to cool. Arrange them symmetrically in a salad-bowl, ornament with hard-boiled eggs, and add two tablespoonfuls of French dressing.

CELERY SALAD

Remove the outer stalks, which are generally hollow. Put the good ones into a bowl of cold water. Cut each stalk Julienne style, wash well, drain and dry them thoroughly. Line the salad-bowl with lettuce-leaves, season with French dressing, cover the whole with a layer of mayonnaise, and ornament with beet root and a fine lettuce heart in the centre.

POTATO SALAD

Cut and slice cold boiled potatoes, add some chopped onions, chives, and parsley. Season with French dressing. Pile the salad in the centre of the dish and surround it with small lettuce leaves. Decorate the summit with quartered hard-boiled eggs and finely chopped beets.

CRESS AND APPLE SALAD

Have very clean pepper watercress, and to it add some sliced sour apples. When ready to serve season with salt, pepper, vinegar, and a very little oil.

MONK'S-BEARD SALAD

Clean some monk's-beard leaves by wiping them with a towel. Do not wash them. Add some corn salad, chopped chervil, and cooked slices of beet root. Season with French dressing, and add a piece of bread crust

When Served.

Guests.

Remarks.

which has had a clove of garlic rubbed over it. This piece of bread is called a chapon.

Corn salad is also called Fitticus or Doucette.

ROMAINE, ESCAROLE, AND ENDIVE SALADS

Remove the hard and green parts; split each of the yellow leaves in the centre its entire length. It is preferable not to wash these salads, as the leaves may be cleaned by wiping them. Season with French dressing and add some finely chopped chervil and tarragon. A garlic flavour may be added if desired.

ROQUEFORT CHEESE SALAD

Sprinkle some small pieces of Roquefort cheese over lettuce leaves or escarole. Season with French dressing and add some finely chopped cut chives.

SEVILLE SALAD

Cut off the tops of six medium-sized peeled tomatoes, and scoop out part of the pulp and seeds. Take thirty-six asparagus tips about two inches long and insert them in the cavities of the tomatoes, six in each, tips up, so they will protrude about an inch above the tomatoes. Put each on a lettuce leaf and pour French dressing over it.

BANANA AND NUT SALAD

Cut skinned bananas crosswise into slices about an inch thick. Put three pieces of them on a medium-sized lettuce leaf. Put one-half a teaspoonful of mayonnaise dressing on top of each banana and then a quarter of a teaspoonful of chopped pecans or walnuts on top of the mayonnaise dressing.

MELBA SALAD

Cut the bottom of a raw French artichoke into small strips and to it add the same quantity of celery and apples cut likewise. Cut up double the quantity of escarole salad, the small yellow inside leaves only. Put

When Served.

Guests.

Remarks.

all together in a salad-bowl. Prepare a French dressing of oil, vinegar, salt, and pepper, and to this add a tablespoonful of tarragon leaves, a finely chopped shallot onion, a clove of garlic, and some chopped parsley. Before serving pour this dressing over the salad.

CAVOUR SALAD

This salad is prepared with finely shredded green peppers, red pimentos, and potato salad. Put the shredded sweet pimentos mixed with French dressing in the centre of a flat salad-dish. Put a border of potato salad around the red pimentos, and lastly a second border of the finely shredded green peppers mixed with French dressing. These three colours, red, white, and green, make a very pretty effect.

ROYALE SALAD

Cut into dice some fresh pineapples, oranges, celery, and apples, and mix with some mayonnaise into which a few tablespoonfuls of heavy cream have been previously mixed. Dish up on a shallow salad-dish and garnish with finely chopped green peppers and sweet pimento in little heaps, alternating the colour all around the border. Sprinkle a few finely chopped pecan nuts in the centre.

WALDORF SALAD

Take some peeled apples and the same quantity of the hearts of cleaned and peeled white celery cut in small cubes, and mix with a well-seasoned mayonnaise. Put in a flat salad-dish. Cut some sweet Spanish peppers in long narrow strips and put them over the salad like a grating; surround the whole with some leaves of hearts of lettuce.

TOMATO WITH CHIVES

Put a thick slice of peeled tomato on a yellow lettuce leaf; cover the sliced tomato with mayonnaise dressing and then sprinkle finely cut chives on the mayonnaise.

When Served.

Guests.

Remarks.

CRABFLAKE SALAD

Mix one quart of crabflakes with one-half a pint of mayonnaise dressing. Put in a flat salad-dish, surround with lettuce leaves, and sprinkle finely chopped sweet pimentos over it.

NOTE

Numerous other recipes for salads and dressings may be found in " Louis' Salads and Chafing Dishes."

When Served.

Guests.

Remarks.

DISHES PREPARED FROM FOOD LEFT OVER FROM PREVIOUS MEALS

MINCED HALIBUT WITH POTATOES, BAKED

Prepare some potatoes hashed in cream in the usual manner. Remove the skin and bones from the halibut left over from a previous meal. Break the fish into small pieces and then add to it the potatoes. Season well, put the whole in a deep baking-dish; sprinkle with bread crumbs, grated Parmesan cheese, and butter. Bake to a nice golden colour.

SALMON SALAD

Break the cooked salmon into small pieces, add some shredded lettuce and mix with as much mayonnaise dressing as desired. Put the salad on a platter, surround with lettuce leaves and quartered hard-boiled eggs, and sprinkle finely chopped cooked beets over it.

SCALLOPED CODFISH

Mix the boiled codfish left over, free from skin and bones, with cream sauce. Season well. Put a border of mashed potatoes, to which the yolk of an egg has been added, around the edge of some natural or silver scallop shells. Put the creamed fish in the centre of these shells, sprinkle with bread crumbs and butter, and brown in the oven to a nice golden colour. Serve the scalloped fish individually or place them on a platter covered with a napkin.

RISSOLES OF CHICKEN

With some boiled or roast chicken prepare an ordinary chicken hash, but not too creamy. Put it on the ice to get cold. Prepare some pancakes and cut them with a cutter, three inches in diameter, into round pieces.

When Served.

Guests.

Remarks.

Put a tablespoonful of the prepared chicken hash in the centre of the pancake, and double over so as to obtain a rissole half-moon shape; bread it in egg and bread crumbs, and fry in deep fat. Serve with tomato sauce.

MINCED AND DEVILLED TURKEY

Cut from the breast of a cooked turkey six slices about a quarter of an inch thick. Trim them oval-shape, about two inches long. Mix a tablespoonful of English mustard with a little Worcestershire sauce so as to obtain a paste. Spread it over the slices of turkey, sprinkle with bread crumbs and a little melted butter; put the pieces on a pie-plate and brown them slightly in the oven. With the remaining trimmings and dark meat prepare a hash. Cook six slices of bacon, and have ready six pieces of toast cut heart-shape. When ready to serve put the hash on the platter, the devilled slices of turkey on top of the hash, and surround the whole with the bacon and toast.

This is a very tasty dish and may be served as an entree for a dinner or luncheon.

LAMB HASH WITH GREEN PEPPERS

To one pint of cooked lamb add one pint of cooked potatoes, both ingredients chopped very fine. Fry one finely chopped green pepper in butter for a few minutes, then add the lamb and potatoes, and moisten the whole with a cup of soup stock and let it simmer slowly for about ten minutes. If the potatoes are mealy they will thicken the hash sufficiently. Season with salt and nutmeg, add a small piece of butter, and serve in a deep dish. Surround with small pieces of toast cut triangular shape.

LAMB CROQUETTES

Chop fine one onion, fry it in butter to a golden colour and then add one pint of finely cut lamb and a pint of cooked potatoes cut in the same way. Add a cup of good bouillon, and let it simmer for ten minutes, stirring occasionally so as to obtain a thick hash. Add a tea-

When Served.

Guests.

Remarks.

spoonful of chopped parsley, put it on a flat tin pan, and cool it off on the ice. When cold and solid form croquettes of it, egg-shape. Roll them in flour, dip in eggs and bread crumbs, and fry in deep fat. Drain off all the fat with a napkin and serve with a little demi-glace to which a tablespoonful of chopped mint leaves has been added.

BEEF HASH, ENGLISH STYLE

Cut in small dice one pound of roast beef, free from gristle, but mixed with a small quantity of the fat part. Fry one finely chopped onion in butter to a slight brown colour, then add a heaping tablespoonful of flour and fry together for two minutes. Then add a cup of light gravy or rich soup stock, and stir well to obtain a sauce; add the beef and a tablespoonful of ketchup and a dash of Worcestershire sauce. Put this hash in a deep metal or fire-proof china dish, cover it with mashed potatoes, to which the yolks of two eggs have been added, sprinkle with bread crumbs and melted butter, and bake for ten minutes in the oven so that the potatoes will be well browned.

BROILED AND DEVILLED BONES

Take a rib of some roast ribs of beef, leaving the meat on the bone about one-half an inch thick. Season with salt and pepper, and broil over a moderate fire for five minutes. Mix a teaspoonful of English mustard with Worcestershire sauce so as to obtain a paste. Cover the meat with it, sprinkle with bread crumbs and melted butter, and broil for five minutes more. Serve on a piece of buttered toast with a little gravy in the dish.

MINCED VEAL AND HAM

Cut up in small dice one-half pound of roast veal and a quarter of a pound of cooked lean ham. Fry two finely chopped fresh mushrooms in butter, add a tablespoonful of flour and a cup of cream and milk mixed.

When Served. Guests. Remarks.

Let it come to a boil and then add the veal and ham. Season with salt and pepper. When boiling add the yolks of two eggs, stir well together for another minute, and then remove from the fire. Have six round pieces of toast ready on a platter; divide the hash on the toast, heaping it up as much as possible. Sprinkle a little finely chopped parsley over it.

When Served.

Guests.

Remarks.

SWEET ENTREMETS OR DESSERTS

OMELETTE SOUFFLEE A LA VANILLE

Place in a bowl the yolks of six eggs with five heaping tablespoonfuls of powdered sugar and one-half a teaspoonful of vanilla extract. Beat together vigorously for a few minutes. Take the whites of nine eggs in a bowl or copper basin, and beat them to a stiff froth with a wire whisk. Mix the yolks and the whites together carefully, pile the mixture on a metal baking-dish, smooth it over with a knife, and bake for twelve or fifteen minutes in a moderate oven. Sprinkle sugar over it and serve immediately.

PANCAKES WITH MERINGUE

Prepare six small pancakes, cover them with raspberry jam, and roll them up. Cut each roll in two, and place them on a slightly buttered baking-dish. Beat the whites of four eggs to a stiff froth, then mix into it carefully four ounces of powdered sugar; cover the pieces of pancakes with this meringue, sprinkle sugar over it, and bake for five minutes in a very moderate oven.

PEACHES WITH RICE A LA CONDE

Prepare an ordinary sweet milk rice, vanilla flavour. Put on a round platter a layer of it about an inch thick. Have ready some peeled half peaches which have been previously cooked in a syrup; arrange them nicely on top of the rice, and put a border of maraschino cherries around the peaches. Colour some of the peach syrup to a light pink and pour over it. Serve warm.

PINEAPPLE FRITTERS WITH MACAROONS

Cut in two, slices of cored and cooked pineapples to obtain half-moon shaped pieces. Drain. Break up some dry

When Served.

Guests.

Remarks.

macaroons and moisten with brandy and curacoa; mash them to obtain a thick paste. Put this macaroon paste between two pieces of pineapple. Prepare as many as needed. Dip them in flour and then in frying batter, and fry in deep fat to a golden colour. Drain off the fat well and serve on a napkin.

SNOW EGGS WITH CUSTARD

Beat the whites of six eggs to a stiff froth and mix into it carefully four ounces of powdered sugar. Have one quart sweetened milk flavoured with vanilla boiling in a flat saucepan. With a large spoon mould the meringues into the shape of large eggs, dip them in the boiling milk, turn them over once or twice, poach them slowly for a few minutes until cooked; then take them out and drain on a sieve. With one pint of the milk, the yolks of three eggs, and a teaspoonful of cornstarch prepare a custard. Let it get cold. Arrange the snow eggs in a deep glass dish and pour the custard over it. Surround with small macaroons dipped in brandy.

BAVARIAN CREAM WITH MARASCHINO

With one pint of milk, six ounces of sugar and the yolks of four eggs prepare a custard or English cream. Add one ounce of gelatine while hot, and have it well dissolved. Strain into a bowl, stir until cold, and then add a small glass of maraschino. When it begins to thicken mix two pints of whipped cream into it; put the preparation into a jelly mould and let it get solid on the ice. When ready to serve, dip the mould quickly in hot water and invert on a cold dish.

CHOCOLATE SOUFFLEE PUDDING

Put into a saucepan the yolks of five eggs, two ounces of butter, two ounces of corn-starch, two ounces of grated chocolate, four ounces of sugar, and half a gill of milk. Mix well and stir on the fire until it thickens, taking care not to have it too hot. Remove it from the fire, and place

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When Served.

Guests.

Remarks.

immediately in a bowl, stirring occasionally until nearly cold. Beat the whites of five eggs to a stiff froth and mix carefully into the preparation. Butter well one large cylindrical or two small moulds and put the mixture into it. Have the moulds four-fifths full. Stand the moulds in a saucepan with two inches of boiling water in it, put the cover on and steam for twenty minutes. Then remove the cover and put the pan in the oven for five or eight minutes. Turn the pudding out on a hot platter. Serve hot vanilla custard sauce with it.

APPLE CHARLOTTE

Cut thin slices of sandwich bread one inch wide and three inches long, dip them in clarified butter and place them against the sides of a round mould 4 x 4 inches, overlapping each piece. Put some also in the bottom of the mould. Cut a quart of apples into slices, cook them with sugar and very little water, adding a small piece of lemon rind and a small stick of cinnamon. When cooked the liquid should have evaporated. Remove the lemon and cinnamon, fill the apples into the bread-lined mould and bake slowly for one-half an hour until the bread has baked to a light brown colour. Turn out the charlotte carefully on a platter and serve claret sauce with it.

Make a syrup with sugar and water, flavour with lemon, and add a glass of claret wine.

When Served.

Guests.

Remarks.

ICES

VANILLA ICE-CREAM

Boil one quart of milk with three-quarters of a pound of sugar and a vanilla bean split in two. Have the yolks of eight eggs mixed with one-half a gill of milk in a bowl. Stir the boiling milk into the yolks of eggs, and then put it all back into the saucepan and stir on the fire for a few minutes until it thickens a little. Remove from the fire, add one quart of raw cream, strain through a sieve, and when cooled freeze in the ordinary manner. Extract of vanilla may be used in place of the vanilla bean, but must be added only when it has cooled off.

BOSTON BROWN BREAD ICE-CREAM

Cut one-half a pound of brown bread into thin slices, then dry them in a warm place until crisp, and break up into crumbs. Freeze one and one-half quarts of vanilla ice-cream, and, when partly frozen — just beginning to thicken a little — add one-half of the brown bread crumbs and two tablespoonfuls of curacoa. Freeze until solid. Fill the cream into a small brown bread mould and keep it in salted ice for an hour. Dip the mould in warm water and turn the cream out on a platter, and sprinkle the other half of the crumbs over it.

PLOMBIERE WITH CHESTNUTS (MARRONS)

Take a small glass jar of marrons glaces in syrup, and place the marrons or chestnuts in a sieve to drain. Break half of them into pieces, and keep the other half whole. Cut four macaroons into small pieces and make crumbs of six dried ones. Beat up a pint of cream, sweeten it, add a little vanilla flavour and two tablespoonfuls of maraschino. Take a three-pint ice-cream mould (half

When Served.

Guests.

Remarks.

melon shape) and line it with vanilla ice-cream three-quarters of an inch thick. Mix the whipped cream with the pieces of macaroons and chestnuts and fill this into the centre of the mould. Put a thin layer of vanilla ice-cream on top of this filling, and then put the cover on, closing the joining between the cover and the mould with soft butter. Put the mould in salted ice, and let it freeze for one and one-half hours. When ready to serve, dip the mould quickly in warm water, turn the plombiere out on a platter, and sprinkle the macaroon crumbs all over it. Put small heaps of whipped cream around the ice-cream and place a whole chestnut on top of each heap.

This is an excellent dessert, even if a little complicated. The outside is frozen hard and the filling still remains soft, and is very palatable.

CAFE PARFAIT

Beat up one quart of cream, sweeten it, add a little vanilla flavour, and fill it into a dome-shaped mould. Put the cover on and put in salted ice for an hour. Take the mould out and remove the cover carefully. The cream is now frozen to the sides to the thickness of an inch, the interior being soft. Scoop out the soft part and mix with it two tablespoonfuls of strong extract of coffee and a little more powdered sugar. Put it back into the cream-lined mould and place the cover on again. Put the mould back into the salted ice for another hour. When ready to serve, dip the mould into warm water and turn out on a platter covered with a folded napkin.

GRAPEFRUIT SHERBET

Boil one quart of water with one and one-quarter pounds of sugar, adding the peel of half an orange and half a lemon. Strain, and let it get cold. Add the juice of four grapefruits, two oranges, and half a gill of "Forbidden Fruit" cordial. Freeze in the ordinary manner and serve in glasses or fancy cases.

When Served.

Guests.

Remarks.

LILLIAN RUSSELL

Cut small cantaloupes in two, remove the seeds, and fill the cavities with vanilla ice-cream. Put a few maraschino cherries on top of the cream.

PEARS A LA MELBA

Have some Bartlett pears peeled, cored, cut in halves, and boiled in a light syrup, ice cold. Cut pieces of sponge or pound cake into slices one-half an inch thick, trim them heart-shape, put on a platter, and cover the cake with a slice of vanilla ice-cream the same shape. Then place one-half a pear on top of the cream and pour Melba sauce over it.

Melba sauce may be bought from first-class grocers in small bottles, or a thick, cold raspberry sauce will answer the purpose.

When Served.

Guests.

Remarks.

HOT CHEESE DISHES

CHEESE TARTELETTES

Line with puff-paste some small, flat tin tartelette moulds two and one-half inches in diameter by one inch deep. Cut three ounces of rarebit cheese into small dice and have ready three heaping tablespoonfuls of Parmesan cheese. Beat two whole eggs and the yolk of one egg with one-half a pint of cream, add the cheese, salt, white pepper, a pinch of Cayenne, a little grated nutmeg, and a tablespoonful of melted butter. Fill this preparation into the moulds, making them three-quarters full, and bake in a moderate oven for twelve or fifteen minutes. Take them out of the moulds carefully and serve immediately on a folded napkin.

CHEESE CROQUETTES

Have one cup of extra thick cream sauce boiling; add one-half a pound of rarebit cheese cut in small dice, the yolks of two eggs, salt, and Cayenne pepper. Stir for a minute to let it get hot, but the cheese should melt only partially. Remove from the fire and cool it off quickly by spreading out thin on a platter. When cold, form thin oblong-shaped cakes. Put them in flour, egg, and fresh bread crumbs; be sure to have them well breaded. Fry in very hot deep fat and serve on a napkin.

TOASTED CHEESE SANDWICHES

Cut and toast six slices of bread. Cover three of them with thin slices of American cheese, and put in the oven in a tin pan. When the cheese is nearly melted, place the other slices of toast on top; keep the sandwiches for two more minutes in the oven to have them very hot. Trim off the crust and serve in a covered dish.

When Served.

Guests.

Remarks.

WELSH RAREBIT

Cut one-half a pound of American cheese in small pieces. Put into a saucepan with a small piece of butter, one-half a glass of ale, a pinch of Cayenne, a little English mustard, and a few drops of Worcestershire sauce. Melt it slowly and then stir it well on a brisk fire until it comes to a boil. Pour over toasted bread or serve in a blazer or covered deep dish with toast separate.

GOLDEN BUCK

Prepare a Welsh rarebit as for previous recipe. Pour the cheese over big slices of toast and place a well-trimmed poached egg on top, one for each person.

YORKSHIRE BUCK

Prepare as previous recipe, but add a few thin slices of crisp broiled bacon.

When Served.

Guests.

Remarks.

BRIEF EXPLANATION OF SOME UNCOMMON ARTICLES

CAVIAR

A preparation for the table of the roe of certain large fish preserved by salting. The best is made from the roe of sterlet, sturgeon, and beluga caught in the lakes and rivers of Russia. It is a delicacy appreciated by gourmets, and may be served on small pieces of toast garnished with chopped onions and finely chopped hard-boiled eggs and lemon. It may be bought in cans or glass jars at first-class groceries or delicatessen stores.

ANCHOVY

This is a small fish caught in the Mediterranean. It is split and salted, freed from bones, and may be bought in small glass jars called "Fillet of Anchovies." It has a high flavour and is used as an appetizer or as a garnishing for certain salads.

PIMOLAS

Small olives stuffed in the centre with pimento. They are sold in small glass bottles.

CAPERS

Pickled small green berries of a shrub, sold in bottles or jars.

PAPRIKA PEPPER

A product of Hungaria, sold in powder form. It is red like Cayenne pepper, but not so strong, and is used for stews and Hungarian goulash.

HERBES AROMATIQUE

Thyme
Sage
Marjoram
Summer Savoury
Bay leaf

Ordinarily the above come in dry form on the branches. They are excellent for flavouring, but should be used only in small quantities.

CURRY POWDER

A yellow powder of which the principal ingredient is turmeric. It is a product of India and is a high seasoning for Indian dishes, such as curry of chicken, veal, lobster, etc.

CHUTNEY

An East India sweet hot pickle made from cocoanut, chillies and other articles. Sold in glass jars.

TRUFFLES

A species of fungus, which grows in certain parts of France, and is found several inches underground. The finest come from Perigord. Fresh truffles are of a very strong aromatic flavour, but they are sold usually preserved in cans or glass bottles.

CEPES

Large flat mushrooms which may be bought in cans. They are a valuable addition in preparing entrees and sauces, and are to be preferred to ordinary canned mushrooms, as they have a much stronger flavour.

CHIVES (CIBOULETTES)

A kind of slim green onion tops, but mild in flavour. They are used in soups, sauces, salads, and with certain cheeses.

GARLIC ("THE FRENCHMAN'S DELIGHT")

A bulb like an onion, useful for flavouring, but only in very small quantities. A clove of garlic rubbed on a small crust of bread called a "chapon," mixed with salads, is commonly used in French or Italian restaurants to give a peculiar flavour to the dressing. It may be bought from vegetable dealers.

LEEKS

A species of onion, the leaves of which are green on the top and white near the root and flat like ribbons, not tubular like onions. Leeks are milder in flavour than onions, and are used in most of the vegetable soups.

CHERVIL

A garden herb like young parsley, of a delicious flavour. May be used in salads or soups.

TARRAGON (ESTRAGON)

A garden herb, the delicate small narrow leaves of which are used in sauces or salads and to prepare tarragon vinegar. In summer big bunches of tarragon are placed in large glass bottles, covered with good vinegar, and put in the sun for two or three weeks and then bottled.

LENTILS

A kind of flat dry pea of a brown colour. The smaller kind, called Egyptian, is considered the best. Lentils are excellent for soup or as a vegetable, and are very nourishing.

ARROWROOT

Similar to corn-starch, but having a delicate flavour of its own. It is much used as a diet for invalids.

VARIOUS CHEESES USED IN COOKING

PARMESAN CHEESE

An Italian cheese imported from Parma. It is always used in grated form and is of an excellent flavour. The best kind is used for macaroni, Italian rice, or in cream sauces for fish and vegetables.

GRUYERE OR SWISS CHEESE

A cheese imported from Switzerland which is used for many dishes, soups, and sandwiches.

AMERICAN CHEESE

Cheese used for rarebit and other hot cheese dishes.

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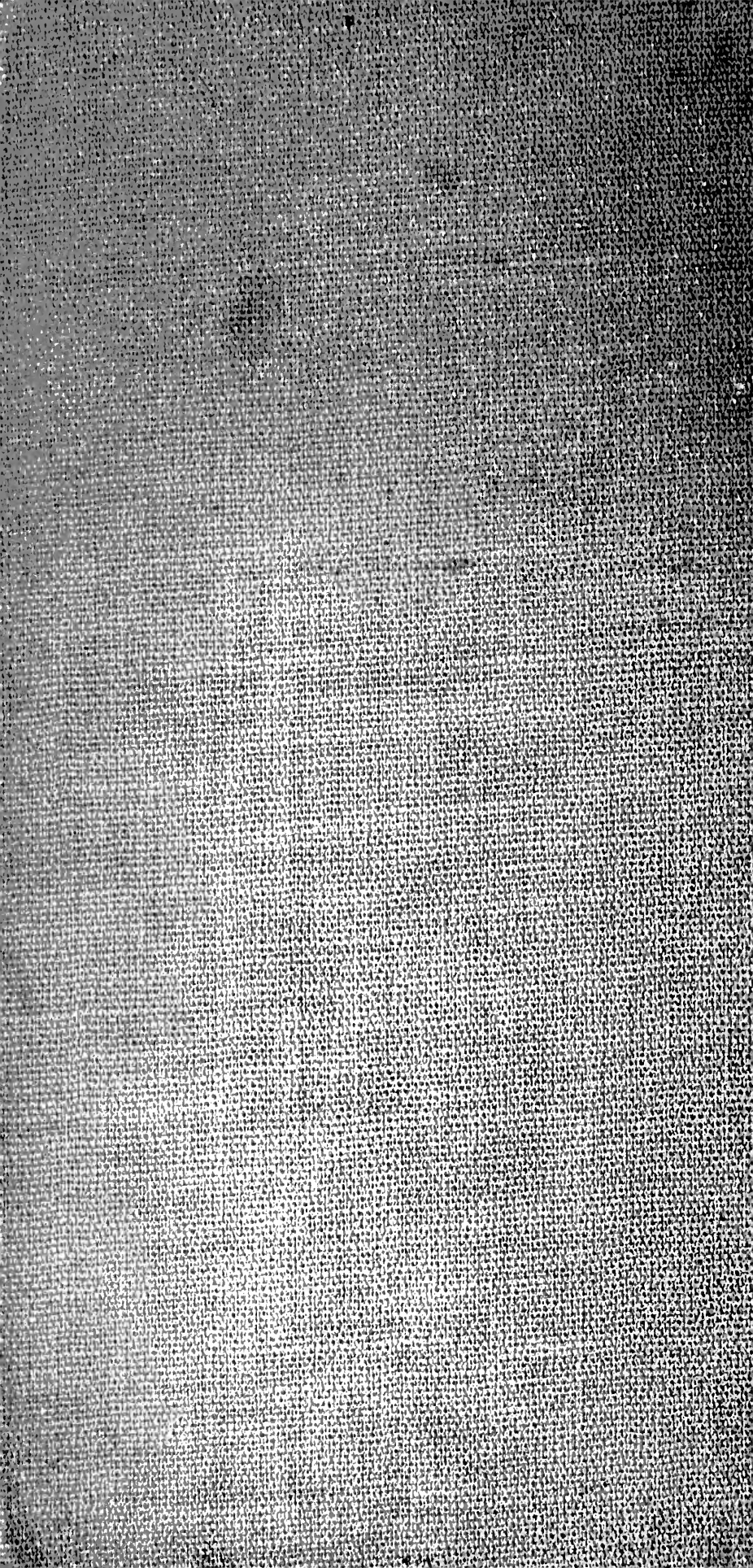
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